



C. L. C. TOMBOLA COOK BOOK



A BOOK OF RECIPES

Tried and Tested by the Ladies of Cornwall and
Friends of the Cornwall Lacrosse Club.

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"LET ME COOK THE MEALS OF MY COUNTRY, AND I
CARE NOT WHO MAKES HER LAWS."

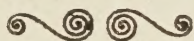
TO THE
"LORDS OF CREATION,"
DEAR TO US AS
FATHERS, BROTHERS, HUSBANDS OR SONS,
KEEN CRITICS ALWAYS OF THE
CULINARY ART,
THIS BOOK
IS DEVOTEDLY DEDICATED.

RECIPE FOR A DAY.

"Take a dash of cold water
And a leaven of prayer,
A little bit of sunshine gold
Dissolved in the morning air;
Add to your meal some merriment
And a thought for kith and kin,
And then, as a prime ingredient,
A plenty of work thrown in.
Spice it all with the essence of love
And a little whiff of play;
Let a wise Old Book, and a glance above,
Complete the well-spent day."

—ANON.

C. L. C. Tombola Cook Book.



SOUPS.

"But hark! the chiming clocks to dinner call!"—POPE.

"No more! where ignorance is bliss,
'Tis folly to be wise." —GRAY.

"A delicate odor, as ever hit my nostril."—SHAKESPEARE.

CARAMEL.

Put 1 cup of granulated sugar in an iron pot on the fire until it grains, turns brown, and finally begins to scorch. When smoke comes from the centre add hastily $\frac{1}{2}$ cup boiling water, and stir until the caramel is dissolved. Bottle and cork; this will keep a year in a cool place. Soup coloring is obtained by adding to caramel 1 sliced onion, $\frac{1}{2}$ teaspoon celery seed, and 2 bay leaves. Put them all in an iron pot over the fire, stir until mixture browns and burns, then add the water. Boil a moment, strain before boiling. A teaspoonful added to gravy or brown sauces will give a rich color.

BOUILLON

Stir well together 4 lbs. of finely chopped beef and 2 quarts of water; add a slice of onion, 2 bay leaves, 6 cloves, 1 carrot chopped fine and a blade of mace. Stand the mixture over the fire, bring slowly to boiling point and simmer for 1 hour. Put a tablespoonful of sugar in a small saucepan. When it burns add a slice of onion; stir until the onion is brown, then add it to the bouillon. Strain through a colander. Beat the whites of 2 eggs slightly; add them to the bouillon, bring to boiling point and boil two minutes. Strain through two thicknesses of cheesecloth. Add salt and pepper and half a teaspoonful of kitchen bouquet. Reheat and serve in bouillon cups.

MRS. J. T. KIRKPATRICK.

MULLIGATAWNY SOUP (WITHOUT MEAT).

Cut 2 onions and 1 small carrot into thin slices; put in a stew pan with 1 oz. butter; turn them about until they are a nice brown. Add a sprig of parsley and $\frac{1}{2}$ an apple; stir in 1 teaspoonful Crosse & Blackwell's Curry Powder; add $1\frac{1}{2}$ pint hot stock or hot water and a little piece of bacon. Let soup simmer for $\frac{1}{2}$ hour; skim fat, strain soup and put back in saucepan. Add juice of $\frac{1}{2}$ lemon and dessert-spoonful of flour that has been browned slightly and mixed with butter size of pigeon's egg. Salt to taste, serve very hot and hand rice around as boiled for Currie.

MRS. F. DE C. DAVIES.

OYSTER BISQUE.

Drain the liquor from 15 oysters, add enough water to make 1 pint of liquid. Chop oysters fine, put with liquid on stove, allowing to simmer 10 minutes. Cook together 1 tablespoonful of flour and butter, add 1 pint boiling milk. Stir till smooth, add to oysters and liquid. Season with salt, pepper and a little nutmeg. Stir into soup, a little at a time a well beaten egg; mix thoroughly. When ready to serve add the juice of a lemon.

MRS. J. E. MACPHEE.

TOMATO SOUP.

Put 1 can of tomatoes to stew for 15 minutes. Boil 1 quart of milk, mix 2 tablespoonfuls of corn starch with a little cold milk, stir into the boiling milk and cook 10 minutes. Put 1 teaspoonful of baking soda into the tomatoes, stir well, rub through colander, add 1 teaspoonful of butter to the milk, then the tomatoes, add pepper and salt to taste. Let boil and serve immediately.

MRS. N. J. FRAID.

CREAM OF BEAN SOUP.

Soak 1 cup of beans over night. Boil in the morning until very soft (in slightly salted water), and until there is about 3 cupfuls of liquid. Take off stove, put in a colander and mash to a paste, put all back on fire adding 1 cupful of milk, butter the size of an egg, pepper and salt to taste. If not thick enough add a teaspoon of flour dissolved in a little cold water.

MRS. R. M. PITTS.

POTATO SOUP.

One lb. potatoes weighed after they are peeled. Cut them up and put in a stew pan, with piece of butter size of an egg and 1 onion sliced. Cover pan and shake vegetables over the fire for 5 minutes; add 1 pint of water and simmer for 1 hour. Pass the whole through a sieve and put back into the saucepan. Add nearly $\frac{1}{2}$ pint milk, salt and pepper to taste; cut thin slice of bread into dice, fry in butter, put it into the bottom of the tureen and pour the soup over it and serve.

MRS. F. DE C. DAVIES.

TOMATO SOUP.

Six tomatoes put through a sieve, 1 quart of water; boil twenty minutes. Add soda (1 teaspoonful). When it boils again add 1 quart of milk, butter, pepper and salt to taste, 1 tablespoonful of flour mixed with the milk. Do not let it stand after milk and flour are added as it might curdle.

MISS MARION ROSS.

WHITE SOUP.

Three tablespoons tapioca soaked in 1 pint of milk, 4 large potatoes, 2 small onions, 2 tablespoons butter, pepper and salt to taste. Boil the vegetables in 3 pints of water until tender, then pour through a colander, return to the pot, add the milk and tapioca. Boil 20 minutes stirring constantly.

MRS. A. A. SMITH.

ASPARAGUS SOUP.

One quart asparagus cut in inch lengths. Boil in one quart of water until tender, then rub through a colander. Return to the water it was boiled in. Heat 1 pint of milk, add 1 tablespoonful butter, rubbed with 1 tablespoon of flour. Cook a few minutes. Season. Heat to boiling point and pour into tureen over croutons.

MRS. L. E. BAILEY.

PEA SOUP.

One can of peas, 2 pints of stock, 1 cup of cream or milk, 1 tablespoon each butter and flour. Boil stock and small onion 20 minutes. Add flour and butter which has been rubbed together. Strain, pepper and salt to taste, add cream or milk. Cook 5 minutes and serve hot.

MRS. R. M. PITTS

CELERY SOUP.

Chop enough celery to make 3 cupfuls; cook until tender in a little boiling water. Heat one quart of sweet milk, to which add the cooked celery. Salt and pepper to taste. Thicken with flour rubbed smooth with butter; add a cup of mashed potatoes. Heat all together before serving.

MRS. R. M. PITTS.

CORN SOUP.

One can corn, add salt and pepper to taste; 5 coffee cups of milk, with a piece of butter the size of an egg. Keep enough of the cold milk out to mix one tablespoon of flour, and when the soup is hot add to it. Do not boil too long as it thickens too much and is apt to burn.

MRS. ROY NICHOL.

CREAM OF CHICKEN.

Broth of 1 chicken. Add sufficient flour (dissolved in cold milk) to make soup the consistency of cream. Season with pepper and salt. Add a little chopped chicken, celery and raw carrot.

MRS. GEO. ROSS.

RICE SOUP.

This requires a knuckle of beef with the bone cracked in the centre; leave in kettle for boiling over night on back of stove in plenty of water to cook. It will be warm by morning and ready to start boiling. When the meat is boiled till soft lift out and if to your taste put in a small half cup of rice or vermicelli and salt and a dash of cayenne. A wine glass of native or port wine may be added.

MRS. ROY NICHOL.

OYSTER A LA CREME.

One pint of select oysters. First put in double boiler one quart milk with salt, pepper and a piece of butter larger than an egg. Into a cup put a large tablespoonful of flour and mix till perfectly smooth with just enough cold water; add this to the milk and bring to a boil. When ready to serve add oysters after washing. Leave long enough for the little grills of the oyster to curl nicely. Strain the liquor off the oysters and put into the milk with the salt and other ingredients.

MRS. ROY. NICHOL.

ST. JULIENNE SOUP.

Take a nice rich stock; shred carrots and turnips, add a few green peas; mix with stock and when ready for table add a few slices of lemon.

MRS. GEO. ROSS.



FISH.

"Here by the brook we parted."—TENNYSON.

"Master, I marvel how the fishes live in the sea!

"Why, as men do on land; the great ones eat up the
little ones." —SHAKESPEARE.

COD FISH WITH RICE AND TOMATOES.

Soak a small piece of salt cod fish (boneless is best); change the water 3 times; mix 2 tablespoons of butter with a sweet green pepper chopped finely and small onion minced. Place the cod fish over this in a stew pan; cover with 1 cup of boiled rice and $\frac{1}{2}$ can of tomatoes. Simmer slowly $\frac{1}{2}$ hour.

MRS. R. M. PITTS.

CROQUETTES OF FISH.

Take cold fish of any kind, separate it from the bones and mince fine; add seasoning, an egg, a very little milk, a teaspoonful of flour; brush with egg, roll in bread crumbs, fry brown in hot lard.

MISS O'SHEA.

SALMON CROQUETTES.

One can salmon, shredded and mixed with mashed potatoes. Season with salt, pepper and lemon juice and enough melted butter to moisten. Roll and dip in crumbs; fry. Place in pyramids and surround with green peas.

MRS. L. E. BAILEY.

SALMON ON TOAST.

Use cold boiled salmon picked apart in small flakes. Heat one cup of white sauce or drawn butter. Add to it half a cup of cream, the flaked fish, one teaspoon of chopped parsley, a few grains of mace, with pepper and salt to taste. Pour over slices of buttered toast and serve at once.

MRS. A. DENNY.

SALMON LOAF.

Take one can of salmon, pick out skin and bones, flake fine with a fork. Add one large cup of cracker crumbs and juice of one lemon, half a cup of hot water, two tablespoons of melted butter, pepper and salt to taste; two eggs well beaten. After mixing pack well in a buttered tin and bake twenty minutes. Let cool, turn out and slice.

MRS. A. BLACK.

BAKED WHITE FISH.

Open fish, wash, wipe dry, rub over with salt. Prepare a dressing of rolled soda cracker crumbs melted butter, an egg and chili sauce (canned tomatoes may be substituted) pepper and salt. Fill fish, sew it up, dredge with pepper, salt, bits of butter and flour. Place in baking pan, slash in 3 or 4 places and put in bits of tomatoes. Bake an hour. Baste frequently. Garnish with parsley and lemon.

MRS. D. J. GILLIES.

OYSTERS AU GRATIN.

Drain 25 oysters. Put in saucepan 2 level tablespoons of butter and 2 of flour; add 1 cup milk, stir until it bubbles; add a teaspoon of salt, a dash of cayenne. Grease some escallop shells lightly with butter, place 3 or 4 oysters in each shell, cover with the mixture; sprinkle with fine dried bread crumbs which have been moistened with melted butter. Place in quick oven until delicate brown.

MRS. R. M. PITTS.

FRIED OYSTERS.

Scald and drain dry the desired number of oysters. Sprinkle lightly with red pepper, roll in cracker dust, dip in egg mixed with an equal quantity of cream; drain, and roll in fresh, fine bread crumbs, press gently with a knife; fry half a dozen at a time in fat hot enough to brown them in a minute. Drain oysters on brown paper. Serve at once. Garnish with parsley.

MRS. A. G. WATSON.

CREAMED LOBSTER.

Cut into small pieces 1 pint lobster. Cook together 2 tablespoonfuls of butter and 1 of flour, pour upon them 1 cup rich milk. When this is smooth and thick put in the lobster; season to taste with salt and cayenne pepper, stir in the juice of 1 lemon. Just before it comes from the fire, mix in 2 tablespoonfuls thick cream. Turn into a buttered dish, sprinkle thickly with bread crumbs and put bits of butter on the top. Set in the oven to brown. Serve with quartered lemon.

MRS. J. E. MACPHEE.

SALMON IN A MOULD.

One can salmon, 4 eggs beaten light, 2 tablespoonfuls of melted butter, $\frac{1}{2}$ cup bread crumbs, season with pepper and salt, chop fish fine, mix in the butter; beat the bread crumbs into the eggs, season before mixing together. Put mixture into a buttered mould. Boil or steam 1 hour.

Sauce for Salmon:—1 cup of milk heated to a boil, thicken with 1 tablespoon of corn starch, liquor from salmon; add an egg; cook a few minutes, stirring carefully. When fish is done, turn it into a platter, pour sauce over it.

MRS. JACK MACPHEE.

LOBSTER OR SALMON CUTLETS.

One pint salmon or lobster, $\frac{1}{2}$ cup cracker crumbs, 1 tablespoonful cream, 2 tablespoonfuls butter, 1 level teaspoonful of salt, 1 teaspoonful anchovy essence, 1 salt spoon of pepper, a dash of mace, 1 egg yolk. Pound salmon to a paste; add butter, also crumbs which have been soaked in cream and seasoning. Mix well, rub through a sieve, put in a spider with egg yolk; heat thoroughly. When cool enough to handle, shape like lamb chops; roll in cracker crumbs, dip in beaten egg, then again in crumbs; fry in deep fat. Garnish with lemon and parsley. Serve with lobster or tomato sauce.—MRS. J. E. MACPHEE.

SALMON CROQUETTES.

Mix the fish thoroughly with an equal quantity of boiled rice, adding a little melted butter, and salt and pepper to taste. Mould into small sausage-shaped forms and roll them first in finely powdered crackers, then in beaten egg yolk, and again in the cracker crumbs. Fry in hot fat like doughnuts. MISS TERESA CAVANAGH.

FRIED HALIBUT.

Place in frying pan a half dozen slices of fat pork; fry to a brown and place in a deep dish; add to the fat 3 tablespoons of fresh lard; when boiling hot put in the halibut, which should be cut in pieces 3 inches square and dipped in sifted meal; sprinkle with salt and fry a good brown. After the fish is all fried, put it into the dish with the pork; pour over it the boiling fat and 1 tablespoon of hot water. Cover tightly and stand in the oven twenty minutes. MISS O'SHEA.

FISH SCALLOP.

Remains of cold fish of any sort, half a pint of cream, one half tablespoon of Anchovy sauce, one half tablespoon of prepared mustard, one half teaspoonful of walnut ketchup, pepper and salt to taste, (the above quantities are for a half pound of fish when picked) bread crumbs; put all the ingredients into a stew pan carefully picking the fish from bones; set it on the fire and let it remain till nearly hot; occasionally stir the contents, but do not allow it to boil. When done put the fish into a deep dish with a good quantity of bread crumbs. Place small pieces of butter on top. Set in oven to brown.—MISS O'SHEA.

OYSTER PATTIE FILLING.

One pint small oysters, $\frac{1}{2}$ pint cream, 1 large teaspoon of flour, $\frac{1}{2}$ teaspoon of pepper and salt. Let cream come to a boil, mix flour with cold cream and when perfectly smooth add to boiling cream, season with salt and pepper. While cream is cooking let the oysters come to a boil in their own liquor; skim carefully and drain oysters dry; add to the cream and boil once more. Fill patty shells.

OYSTER PATTIE FILLING.

Blend 1 tablespoon butter and 1 tablespoon flour, then add to a pint of milk which has been brought to boiling point (but not boiled). In a separate saucepan heat one pint of oysters in their own liquor. When done strain liquid and add it with the oysters to the milk. Season with pepper and salt, adding a little celery chopped very fine.

MRS. GEO. ROSS.

BAKED HALIBUT.

Take 1½ lbs. halibut, place in a buttered dish which has been spread with finely chopped onion, cover with sauce. Bake in moderate oven.

Sauce:—Thicken ½ can tomatoes with flour which has been rubbed smooth with enough butter. Season with pepper and salt, and either parsley or capers. Strain

MRS. R. M. PITTS.

FISH PARVOT.

Have one can of red salmon nicely picked to pieces and remove all little bones and skin. Make a nice thick drawn butter of two large tablespoonfuls of flour and a piece of butter size of large egg; mix these two over the fire till they are melted and thoroughly mixed together; have two cups of milk hot and add a little at a time so as to keep smooth, then cook till nice and thick; butter just a little the bottom of a quart granite pan and put a layer of roll biscuit, then one of the salmon, about half, then half of the drawn butter, then biscuit, salmon and on the top the rest of the drawn butter; lastly a layer of crumbs, and bake till brown. Serve hot.

MRS. ROY NICHOL.



ENTREES.

"These are trifles—tell us of something solid."—DUMAS.

CHEESE SCALLOP.

Soak 1 cup bread crumbs in fresh milk; into this beat 3 eggs; add 1 tablespoon of butter, $\frac{1}{2}$ lb. grated cheese. Put bread crumbs on top and bake until a delicate brown.

MRS. N. J. FRAID.

MACARONI A L'ITALIENNE.

Three-quarters of a cup of macaroni, 2 qts. boiling salted water, $\frac{1}{2}$ an onion, 2 cloves, $1\frac{1}{2}$ cups tomato sauce, $\frac{1}{2}$ cup grated cheese, $\frac{1}{2}$ tablespoonful of butter. Break the macaroni into inch pieces and drop into the boiling salted water; add the half onion into which has been stuck the cloves, boil until tender (about 25 minutes). Drain, remove the onion and reheat the tomato sauce, add cheese, butter, macaroni. Serve.

MRS. R. M. PITTS.

MACARONI AU GRATIN.

Boil macaroni as for above, omitting onion and cloves; boil $\frac{1}{2}$ pint milk, rub together a rounding tablespoon each of flour and butter, add to boiling milk. Stir until thick; add $\frac{1}{2}$ teaspoon salt, dash of pepper, then a cup of grated cheese. When the macaroni is done, drain, place in a baking dish, pour over the sauce, sprinkle with $\frac{1}{2}$ cup bread crumbs, drop 2 tablespoons melted butter over the top. Bake in a moderate oven 15 minutes, or until crumbs are brown.

MRS. R. M. PITTS.

CORN FRITTERS.

One pint or small can of grated corn, $\frac{1}{2}$ teacup of milk, 1 tablespoonful of melted butter, 2 eggs, 1 teaspoonful of salt, a little pepper tea cup of flour, 1 teaspoonful of baking powder. Drop in hot fat, a teaspoonful at a time.

MRS. A. G. WATSON.

SAUSAGE ROLLS IN PASTRY.

Take one pound of sausage and boil steadily for fifteen minutes; then remove from water, drain and fry in pan for a few minutes. Have pastry ready, not too rich, and cut in pieces large enough to roll each sausage in and bake in hot oven. When brown of course they are done. These are very nice for lunch.

MRS. ROY NICHOL.

MEAT CROQUETTES.

Four tablespoons butter, 4 tablespoons flour. Melt the butter, stir in the flour, then add $\frac{1}{2}$ pint milk and stir till it thickens; season to suit taste, then put in $\frac{1}{2}$ pint of chopped meat. Form into croquettes and roll them in the beaten yolk of an egg, then into bread crumbs and fry.

MISS LAURA BINNIE.

STUFFED TOMATOES.

Cut a slice off the stem end of large firm tomatoes; scoop out the inside. Mix the pulp with half a green pepper, chopped fine, 1 tablespoon of rice, salt and pepper to taste. Return this mixture to the tomato and place a thick bit of cheese in the open end of the tomato; bake until tender. The cheese melting and running down into the tomato mixture imparts a delicious flavor.

MRS. D. J. GILLIES.

SWEETBREAD RAMEKINS.

Clean and parboil a sweetbread and cut in cubes. Melt two tablespoonfuls butter; add three tablespoonfuls flour and pour on gradually one cup chicken stock. Re-heat sweetbread in sauce and add a quarter cup of cream and one and a half teaspoons beef extract. Season with salt, paprika and lemon juice. Fill ramekin dishes, cover with buttered crumbs and bake until crumbs are brown.

MISS MARGARET DINEEN.

CHEESE SOUFFLE.

Four tablespoonfuls of grated cheese, eight tablespoonfuls of milk, two tablespoonfuls of bread crumbs, two rounding tablespoons of butter, yolks of two eggs, whites, one-fourth teaspoon of salt, a dash of cayenne. Put the bread and milk on to boil, stir until smooth, then add cheese and butter, stir over for a couple of minutes, take off; add seasoning and the yolks of two eggs. Beat the whites to a stiff froth and stir in carefully. Pour into a greased baking dish and bake fifteen minutes in a quick oven.

MRS. R. M. FITTS.

MACARONI AND CHEESE.

Boil macaroni until tender, butter the bottom of a pudding dish and put in a layer of macaroni, then a layer of grated cheese; season with butter, pepper and salt, then another layer of macaroni and so on, finishing with a layer of cheese. Cover with milk and bake forty minutes.

MRS. W. V. BOYD.

CREAMED PEA PATTIES.

Line cup cake pans with a rich pie paste; pour in a nicely seasoned white sauce, to which has been added a can of green peas. Bake until crust is quite done. Serve as side dish.

MRS. D. J. GILLIES.

POTATO CROQUETTES.

One quart of mashed potatoes, butter size of an egg, pepper and salt to taste; 3 eggs beaten lightly; leave out enough egg to roll croquettes in cracker crumbs; make into balls; dip in egg, then in cracker crumbs and fry in hot lard. This makes about a dozen.

MRS. L. E. BAILEY.

POTATOES ON THE HALF SHELL.

Bake 6 large potatoes for an hour; when done, cut in 2 lengthwise and scoop out the potato into a hot bowl; mash fine; add 2 rounding tablespoons of butter, $\frac{1}{2}$ cup hot milk, a rounding teaspoon salt, white pepper to taste. Beat until very light; add the well-beaten whites of 2 eggs stirred in gradually. Fill the skins with this mixture; brush over with the yolks of the eggs; brown in oven. Chopped celery or grated cheese may be added to potatoes.

MRS. R. M. PITTS.

CROQUETTES OF PEAS.

Make cream sauce of 3 tablespoons of flour and 2 of butter; rub together; add to 1 cup heated milk; season with pepper and salt; add 1 pint canned peas. Mix well, spread on platter to cool; when firm mould into cylinder-shaped croquettes, roll in fine bread crumbs, dip in beaten egg, again in crumbs; fry in hot fat.

MRS. R. M. PITTS.

MACARONI WITH TOMATO SAUCE.

Boil half a package macaroni in well salted water; when cooked, drain through colander and place alternate layers of macaroni and sauce in a hot dish—sauce on top.

Sauce:—Put butter size of an egg in saucepan; when boiling throw in some minced onion, five sprigs of parsley chopped fine and a little pepper; cook eight minutes; add a heaping tablespoon flour and a little boiling water; cook another eight minutes; have a can of tomatoes strained, stir into the above mixture. Cook a little and strain.

MRS. J. G. HARKNESS.

CREAMED HAM WITH POACHED EGGS.

Put three-fourths of a cup of milk in a double boiler with half a stalk of celery and a slice of onion; let cook fifteen minutes, then pick out the celery and onion and stir in a level tablespoonful and a half, each, of butter and flour, creamed together; stir until the mixture thickens; then cover and let cook ten minutes; stir in three-fourths of a cup of finely chopped ham (cold, boiled) and let stand to become very hot; dip the edges of rounds of toast in boiling salted water and set them on a hot serving dish, spread lightly with butter and then with the ham mixture, and finish by placing carefully poached eggs above.

MRS. J. E. MACPHEE.

STUFFED GREEN PEPPERS.

Scoop the inside out of green peppers carefully; (3 or 4 will serve 6 or 8.) Cut in halves and carefully remove all seeds and white centre; make a mixture of chopped ham, or any cold meat, celery and tomatoes, and enough cracker crumbs to thicken it; pack in peppers; sprinkle with bread crumbs, pepper and salt, and dots of butter.

MRS. RODERICK J. PITTS.

CHEESE BALLS.

Grate two ounces of Swiss cheese; beat the whites of two eggs very stiff; add cheese, pepper and salt to taste, also a dash of red pepper; form into small balls not larger than a walnut; drop in very hot lard; cook till brown. Serve very hot.

MRS. A. DENNY.

WELSH RAREBIT.

To each lb. soft American cheese allow 1 teaspoon Worcester sauce, 6 tablespoons cream, $\frac{1}{2}$ teaspoon salt, a salt spoon red pepper, a teaspoon onion juice, or, if you have it rub the dish with a clove or garlic. Chop or grate the cheese; put it into a pan or chafing dish; add all the seasoning and stir constantly till all the cheese is smooth and boiling hot; towards the last beat rapidly; have ready a very hot platter covered with toast or wafers, pour over the cheese and serve at once.

MRS. J. E. MACPHEE.

MEAT FRITTERS.

Two cups of ground meat seasoned with pepper and salt; moisten with gravy left from roast, or thickened soup stock; add to this one egg and form into small balls; then make a batter of two eggs, a heaping cupful of flour, two teaspoons of baking powder, a little salt, enough milk to thicken batter sufficiently to adhere to balls. Fry in deep boiling lard.

MRS. R. M. PITTS.

GREEN CORN FRITTERS.

One pint green corn (or canned), $\frac{1}{2}$ cup of butter, 1 teaspoon salt, pepper; mix with corn; then make a batter of 2 eggs, 1 cup flour, 2 teaspoons baking powder, a little salt and 1 cup of milk. Stir all together, dropping in spoonfuls in boiling lard.

MRS. R. M. PITTS.

LAMB TERRAPIN.

Two cups cold lamb, cut into dice; 2 tablespoons butter, 1 teaspoon mustard, 1 tablespoon flour, 1 tablespoon Worcestershire Sauce, 1 cup stock, $\frac{1}{2}$ cup cream, 2 hard boiled eggs. Make a sauce by blending butter, flour and mustard, adding the stock, cream and sauce, cooking 5 minutes after it boils. Put in next yolks of the eggs, rubbed through a sieve, and the meat. Heat gently; add whites of the eggs cut small; season and serve on toast.

MRS. F. DE C. DAVIES.

MEATS.

SANCHO—"The cooks are hard at work, sir, chopping herbs, and mincing meats, and breaking marrow-bones."

CARLOS—"And is it thus at every dinner?"

SANCHO—"No, sir; but we have high doings to-day."

—CIBBER.

MEAT LOAF.

One pound Hamburg steak, large coffee cup rolled dry bread crumbs, three-quarter cup sweet milk, and salt and pepper to taste. Mix all together thoroughly, and make a loaf in pan just to fit; put a tiny bit of milk to keep from drying in pan, and bake till cooked well. This can be made into small cakes and fried, and are very nice.

MRS. ROY NICHOL.

BEEF LOAF.

One and one-half pounds beefsteak, chopped fine; season with a pinch of savory, salt and pepper; 3 soda biscuits, rolled fine; 2 large eggs or 3 small ones; a little milk. Mix altogether and form into a loaf; pack into a buttered dish; bake 20 minutes in a hot oven.

MRS. A. F. CAMERON.

PICKLED TONGUE.

Take 1 quart of water, 1 handful of salt, 1 teaspoon of allspice and bay leaves, 1 thimble full of saltpetre and stir into water; put into a jar and press it; keep changing from side to side daily for about 2 weeks; then boil until soft.

MRS. N. J. FRAID.

MOCK ROAST CHICKEN.

Take of nicely toasted bread one full pint of crumbs; one egg, thoroughly beaten; one onion, chopped fine; one stalk of celery, chopped fine; sage, salt and pepper, to taste; one heaped tablespoonful of butter; one-half cup of hot sweet milk—half cream. Then take $1\frac{3}{4}$ lbs. pork chops, well seasoned; spread a thick layer of the dressing; either skewer or tie firmly with cords; place in a baking pan; add a cup of hot water. Bake $1\frac{1}{2}$ hours, basting frequently. Serve with a brown gravy.

T. A. B.

FRIED CHICKEN.

Chickens will do for frying, up to six months' old, if they are plump and in good condition. Clean, singe, and wipe well with a wet cloth. Cut them in pieces; season with salt and pepper; roll in flour, and fry in hot fat from salt pork until brown on both sides. Cover closely and set back to cook slowly until done, about 20 minutes.

MRS. A. G. WATSON.

STEWED LIVER AND BACON.

One calf's liver, half pound of bacon, two small onions, sliced; three-quarters of a pint of stock or water, pepper and salt, one tablespoon of flour and one tablespoon of ketchup. Fry the bacon, place in a stew pan; wash the liver and cut into slices; dip these in flour and fry in pan till brown; take from pan and fry onions; then stir in flour and ketchup, water and seasoning. Boil up, then pour over meat and simmer all together an hour.

MRS. W. R. MACK.

CHICKEN SOUFFLE.

Three tablespoonfuls of melted butter, two tablespoonfuls of flour, one half cup of crumbs, one tablespoonful of lemon juice, one tablespoonful Worcestershire Sauce, one half teaspoonful salt, two cups of milk. Cook together five minutes; then add two cups of chicken, chopped fine, and two eggs. Bake in a well buttered dish in a slow oven thirty five minutes.

MRS. A. G. WATSON.

CHICKEN JELLY.

Boil a pair of chickens until you can pull the meat off the bones. Remove all the meat and allow the bones to boil for half an hour longer; stand in a cold place and it will become jellied. The next day cut the meat into small pieces; melt the jelly and season to taste with sauce and spices, lemon and boiled eggs. If in a hurry, the jelly need not be allowed to set, but can be poured right over the chicken, and then put in a cool place and let set together.

COBOURG.

FRICASSEE OF DUCKS.

Cleanse, wash and cut the ducks into four pieces each; flour and fry them to a light brown; drain, pour into a saucepan a cup or so of good stock, a glass of claret, some chopped parsley, a small onion, minced; salt and pepper to taste; cover closely and stew half an hour or until the ducks are tender; take them out, strain, and set the gravy in cold water to throw up the fat, which take off; thicken with browned flour wet with water; boil up, put the ducks back in the gravy to heat and serve very hot.

MRS. A. DENNY.

VEAL LOAF.

Add to 3½ lbs. chopped veal; 3 well beaten eggs, 4 crackers, rolled; 1 tablespoonful salt, 1 tablespoonful cream, 1 teaspoonful pepper and 1 teaspoonful powdered summer savory, butter size of an egg. Mix, and bake one and a half hours in a moderate oven.

MISS KIRKPATRICK.

POTTED PORK.

Two pounds of pork, lean and fat; 2 lbs. of fillet, 2 pork kidneys, 3 onions, 1 blade of garlic, salt, pepper and a little mace; chop up, boil 3 hours with a cup of broth; lastly add 1 can mushrooms. Put in mould.

MRS. W. R. MACK.

STEWED KIDNEYS.

One ox kidney, mustard, butter, one onion, one tablespoonful of flour, sugar, ketchup, pepper and salt. Wash kidney well and dry it; then cut up into small pieces, after all the fat has been removed from the middle. Put into a small stewpan a dessertspoon of butter; let it get quite hot and brown; chop up the onion and fry it slightly; then put in kidney and fry well; sprinkle in gradually the flour, and stir till it is quite mixed with the mixture in the pan; add now a tablespoon of salt, half a teaspoon each of pepper, dry mustard and sugar, one tablespoon of ketchup; stir well over the fire till it is dry like a paste; add a breakfast cup and a half of water and stir till it boils; put on the lid and allow it to stew for one and a half hours, gently. Serve with a border of rice, or nicely toasted shapes of bread.—MRS. W. R. MACK.

MOULDED CHICKEN.

Wash carefully a disjointed chicken; put in a saucepan and pour over boiling water to cover; heat quickly to the boiling point and let boil five minutes, then draw to a cooler part of the range to simmer until tender. Pick the meat from the bones and return the bones to the liquid in which the chicken was cooked; add a stalk of celery, a sprig of parsley, half an onion, into which two cloves have been pressed, and about half a teaspoonful of salt. Let simmer until reduced to considerably less than a pint. Put the meat, light and dark, alternately, into a mould lined with paper, and decorated with a hard cooked egg, cut in slices; then strain the liquid over the meat; let stand in a cool place half an hour; then set a closely-fitting board upon the meat and dispose a weight upon it. Let stand until next day.

MISS KIRKPATRICK.

MEAT SOUFFLE.

Make a Cream Sauce thus :—Melt one teaspoonful of butter and stir into it a tablespoonful of flour, half a teaspoonful of salt and a little pepper. Have in readiness a coffee cupful of milk, in which is boiling a slice of onion; remove the onion and stir the milk into the flour and butter. When the sauce is as smooth as cream, add to it one cupful of finely chopped cold beef, mutton, veal, lamb or ham. When the whole is well heated, draw it aside to stop boiling; add the beaten yolks of two eggs, and as soon as it is cool, but not cold, stir in the stiffly beaten whites of the eggs. Put in a buttered baking dish and bake 20 minutes. The onion may be omitted, if desired.

MISS KIRKPATRICK.



MEAT SAUCES, Etc.

SAUCES TO SERVE WITH VARIOUS MEATS.

Roast Beef should be served with tomato, horseradish, mustard, cranberry sauce or pickles.

Roast Pork—With apple sauce, cranberry sauce, mustard.

Roast Veal—Tomato sauce, mushroom sauce, onion sauce, and spinach.

Roast Mutton—Mint sauce, currant jelly, caper sauce.

Boiled Mutton—Onion or caper sauce.

Boiled Fowls—Onion sauce, cranberry sauce, jellies.

Roast Lamb—Mint sauce, green peas.

Roast Turkey—Cranberry sauce, giblet sauce, creamed onions, jellies.

Boiled Turkey—Oyster sauce.

Venison or Wild Ducks—Cranberry sauce, drawn butter and lemon sauce, apple sauce, currant jelly.

Stewed Chicken—Curry powder, egg sauce.

Roast Goose—Apple sauce, cranberry sauce, grape or currant jelly.

Broiled Steak—Mushroom sauce.

Boiled Fish—White cream sauce, herb sauce, lemon sauce.

Boiled Lobster—Lobster sauce, slices of lemon.

Boiled Shad—Mushroom sauce, German sauce, parsley or egg sauce.

CAPER SAUCE.

Make a drawn butter sauce, and then add 2 or 3 tablespoons of French capers; remove from the fire and add a little lemon juice.

ANCHOVY SAUCE.

Blend two tablespoons of butter and one of flour; add two cups of broth or water. Set over fire. When thick, add one tablespoon of Anchovy Extract or paste; pepper and salt to taste. Before serving, after taking off stove, add a beaten egg yolk.

OYSTER SAUCE.

One pint oysters, chopped fine, and boiled for five minutes in their own liquor; one cup of milk, one tablespoon of butter rubbed smooth with one tablespoon of flour; salt and pepper. Let it boil. Serve with turkey.

MISS O'SHEA.

TOMATO JELLY.

Put a pint of tomatoes in a saucepan with three cloves, one small bay leaf, a slice of onion, 2 or 3 sprigs of celery, a teaspoonful of salt, and a dash of cayenne. Simmer for 15 minutes and then strain. Put into another saucepan; add half an ounce of gelatine that has been soaked in half a cup of cold water for half an hour and stir until gelatine is dissolved; then strain and mould according to taste. If very tart jelly is desired, add one or two tablespoons of lemon juice.

MRS. W. B. CAVANAGH.

TOMATO JELLY.

One can of tomatoes, one small onion, chopped fine; half cup of chopped celery, one teaspoon of salt, a little pepper, half box gelatine in half cup of cold water. Let come to a boil. then strain; add the juice of a lemon, and mould.

MRS. P. E. CAMPBELL.

CREAM OF HORSERADISH SAUCE.

Add to six tablespoonfuls of horseradish, grated, the yolk of one egg, and half a teaspoon of salt; mix thoroughly. Add a tablespoonful of vinegar and then fold in carefully a quarter of a cup of cream which has been whipped to a stiff froth. If the horseradish is already in vinegar, omit the tablespoonful of vinegar and press the horseradish until dry. Serve with cold roast beef or mutton.

CREAM TOMATO SAUCE.

Strain sufficient canned tomatoes to make half a pint, add a slice of onion, a bay leaf and a blade of mace; cook gently until reduced one-half. Add to tomatoes a tablespoon each of flour and butter, well creamed together. Cook a minute longer. Take from fire; add half cup very rich milk, a teaspoon of salt, a salt spoon of pepper. Strain. Serve with fried chicken.

CRANBERRY SAUCE.

Wash and pick over a quart of cranberries, put in saucepan with one pint of cold water, cover and boil rapidly for 5 minutes. Press through a colander; add one pint of sugar, stir until it is dissolved. Set to cool.

SAUCE FOR FISH OR COLD MEATS.

Yolks of two raw eggs, well beaten; half teacup of olive oil, dropped in very slowly, beating all the time; quarter teaspoon of white pepper, one of salt, one of onion juice, one tablespoon of mustard, 3 of vinegar, added gradually; one small teaspoon of sugar, one tablespoon of chopped capers, one of chopped gherkins, also half dozen stuffed olives. Put these in last thing.

MRS. A. W. FLACK.

HOLLANDAISE SAUCE.

Melt a rounding tablespoon of butter, add one rounding tablespoon of flour. Pour over one cup boiling water, stir until thick, add the juice of one-half a lemon; half teaspoon of salt, a dash of cayenne. Just before removing from the fire stir in the beaten yolk of one egg. Serve with boiled salmon.

MRS. R. M. PITTS.

SAUCE TARTAR.

Take the yolks of two raw eggs and beat with a teaspoon of mustard and saltspoon of salt, add two tablespoons of melted butter. Beat well. Add two of vinegar and beat again. Then add two more of melted butter or oil. Cook and let cool. Now chop a gherkin fine and add to sauce, with a tablespoon of capers, and last of all a little cream and a tablespoon of shredded parsley. Serve with fish of any kind.

M. E. M.

SPANISH SAUCE FOR FRIED FISH.

Cook two tablespoonfuls of butter until it is a nut brown color, add three tablespoonfuls of flour and cook and stir until browned; then add a cup of stock, made of the fish trimmings, two tablespoonfuls of lean ham, cut in bits; half a celery stalk, cut in bits; an onion, chopped, two cloves, four slices of carrot and five or six pepper corns. Stir until boiling, then let simmer half an hour or longer. When ready to use strain and add a teaspoonful of lemon juice and stir until boiling; add salt as needed and serve.

H. M.

FRENCH MUSTARD.

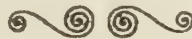
One cup vinegar, two tablespoons mustard, one tablespoon sugar, one tablespoon flour, yolk of one egg. Boil till thick. Will keep some time if covered.

MRS. J. G. HARKNESS.

DRESSING FOR FOWL.

Half a loaf of bread, finely crumbled; two apples and two onions, chopped; large piece of butter, one teaspoon summer savory, salt and pepper; add one tablespoon of milk.

MRS. L. A. ROSS.



VEGETABLES.

VIRGINIA SWEET POTATOES.

Boil the potatoes for 20 minutes; remove from fire, peel, and cut in thin slices, put a layer of potatoes in a dish, cover with sugar and a little cinnamon, continue this until the dish is full, making the last layer of sugar; pour over the top 1 teacupful of hot water, in which has been melted a generous tablespoonful of butter; bake in oven till brown.

MRS. A. W. J. FLACK, New York.

STUFFED BAKED TOMATOES.

Take tomatoes large and firm; cut a round hole in the top of each and scoop out all the soft part. For dressing, mix stale bread crumbs, pepper, salt, butter, onions and tomatoes pulp. Fill tomatoes, place in buttered pans and bake 25 minutes in a hot oven.—MRS. L. E. BAILEY.

POTATOES AU GRATIN.

Potatoes au gratin may be made of either cold or freshly boiled potatoes; slice the potatoes; have a scant pint of cream sauce for a generous pint of potatoes; put a layer of potatoes in a buttered dish; season; add a layer of sauce, and sprinkle with grated cheese (this may be omitted); repeat the layers and finish with cracker crumbs stirred into melted butter.

MRS. R. M. FITTS.

SCALLOPED ONIONS.

Boil until tender 6 large onions; when done drain and break up; butter a deep pudding dish and put in a layer of bread crumbs, then onions, and continue in alternate layers, having bread crumbs on top; season with pepper and salt and bits of butter. Cook for half an hour or till the bread crumbs are brown.

MRS. L. E. BAILEY.

BAKED BEANS.

Soak one quart of beans over night; pour off water, add fresh and place on back of range until noon. If the heat has been sufficient they will be slightly soft to pressure; add one large tablespoonful of molasses one teaspoonful of dry mustard, one half saltspoonful of soda, with salt to taste; if you prefer as I do to use fresh pork instead of salt, place one pound of pork, not too fat and scored across the rind in bottom of deep earthen dish, cover with beans. Bake slowly five or six hours; keep nearly covered with water until two thirds done; then allow them to bake brown.

MRS. A. G. WATSON.

MASHED POTATO FOR FRIED FISH.

Pare and boil the potatoes as usual in salted water; then drain and press them through a ricer or vegetable press; add a generous piece of butter, plenty of salt and cooked potatoes, pressed through a sieve to moisten as needed. Serve in a separate dish or on the plate with the fish.

T. A. B.

POTATO PUFF.

Take two large cups of cold mashed potatoes and stir into it two tablespoons of melted butter, beating to a white cream before adding anything else; then add two eggs beaten very light and a teacupful of cream or milk, salt to taste. Beat all well, pour into a deep dish, and bake in a quick oven until nicely browned.

MISS MACPHERSON.

FRENCH FRIED POTATOES.

Peel potatoes; slice lengthwise one quarter inch thick; drop in cold water for one hour, then dry them and fry in hot lard. If you wish them to puff up remove them with a skimmer before quite done; drain, and again return to the hot lard to continue frying until done. Sprinkle with fine salt.

MRS. J. E. MACPHEE.

CAULIFLOWER AND CHEESE.

Boil one whole cauliflower in salted water till tender; then drain and cut rather coarsely. Mix $\frac{1}{2}$ oz. of butter and 1 oz. of flour together; stir it into 1 cupful of hot milk till it is thick; add salt and pepper; stir in 1 oz. of grated cheese and pour this over the cauliflower; sprinkle grated cheese over the top and brown in a hot oven. Very nice.

MRS. F. LALLY.



SALADS.

" Oh, herbaceous treat !
'Twould tempt the dying anchorite to eat.
Back to the world he'd tempt his fleeting soul,
And plunge his fingers in the salad bowl.
Serenely full, the epicure would say :
Fate cannot harm me—I have dined to-day."

GRAPE FRUIT AND CELERY SALAD.

One cup grape fruit, cut fine; one cup celery, cut fine. Serve with mayonnaise dressing in a grape fruit shell notched around the edge.

MISS KIRKPATRICK.

ORANGE SALAD.

Cut fine seedless fruit into thick slices, only three or four to an orange and lay on a plate of white lettuce with a spoonful of thick mayonnaise on each slice.

MISS KIRKPATRICK.

FRUIT SALAD.

One cup walnuts, 1 cup celery, 1 cup apples; chop all fine and add salad dressing. Can add one orange and put whipped cream on top.

MRS. W. H. MAGWOOD.

CUCUMBER SALAD.

Cut cucumbers in two, lengthwise; scoop out centers and shape shells like boats; mix the cucumber removed with an equal quantity of celery and tomatoes, all chopped fine, and moistened with mayonnaise; pile in shells; sprinkle chopped parsley or water cress on top and serve on lettuce leaves.

MRS. J. E. MACPHER.

CHICKEN SALAD.

Boil one chicken tender; then take the meat and chop up; take one tablespoon of mustard, three eggs, boiled hard; chop the whites with the chicken; the yolks rub up fine with the mustard, one tablespoonful of salt, three tablespoonfuls of melted butter, one tablespoonful of black pepper, vinegar enough to moisten it; chop fine three heads of celery; mix all together thoroughly. Garnish.

MRS. W. V. BOYD.

QUEEN SALAD.

Chop 2 good sized apples. Immediately squeeze over them the juice of 1 lemon; chop 1 cup of walnuts; mix the above with 1 bunch of celery, finely chopped; boil 1 cup of milk and thicken with 1 tablespoon of cornstarch, dissolved in milk; mix well together 1 beaten egg, two teaspoons of sugar, 1 teaspoon of salt, half a teaspoon of mustard, and a pinch of pepper; pour over this the hot milk, a little at a time, stirring constantly. When smooth take off fire and add 1 tablespoon butter and 1 of vinegar. When cool pour over celery, apples and nuts.

MRS. A. BLACK.

TOMATO SALAD.

Peel and carefully scoop out a hollow in 6 tomatoes; fill with 1 cup blanched almonds, cut fine, and following dressing: 1 cup vinegar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, 2 tablespoons mustard, 2 eggs, (yolks only); 1 teaspoon salt, 1 cup milk. Boil dressing till thick and smooth.

MRS. D. G. MACDONELL.

SALAD DRESSING.

Half cup vinegar, $\frac{1}{2}$ cup water put on to heat, (not boil); $\frac{1}{2}$ teaspoon of pepper, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon mustard, 3 tablespoons sugar, 1 scant tablespoon flour; moisten with water; 2 eggs; then pour slowly in vinegar and cook till thick. Thin with cream.

MRS. CHAS. SMITH.

BRAZILIAN SALAD.

Mix equal parts of white grapes cut lengthwise and seeded, with pineapple, apple and celery cut in small pieces; add a few Brazilian nuts broken in pieces; mix thoroughly and add lemon juice. Make a thick mayonnaise and beat while adding slowly as much heavy cream as it will take up. Add fruits and nuts.—MISS B. DINEEN, Montreal.

MAYONNAISE DRESSING.

One tablespoon of mustard, 1 teaspoon salt, 1 teaspoon powdered sugar, a few grains cayenne, yolks 2 eggs, 2 tablespoons lemon juice, 2 tablespoons vinegar, $1\frac{1}{2}$ cups olive oil; mix dry ingredients; add yolks and when well mixed add $\frac{1}{2}$ tablespoon vinegar. Add oil gradually at first, drop by drop, and stir constantly. As mixture thickens thin with vinegar or lemon juice. Add oil and vinegar or lemon juice alternately till all is used, stirring or beating constantly.

MISS B. DINEEN, Montreal.

ORIENTAL SALAD.

Three ripe tomatoes, 1 Spanish onion, 1 green pepper and a bunch of parsley; skin tomatoes; chop all together pretty fine; pour over French dressing. Serve in red apple shell notched around edge.

POTATO SALAD.

Cut into small dice cold boiled potatoes, cucumbers and onions; pour over this a dressing made of two heaping tablespoons of flour, one teaspoon of salt, one of sugar, one of mustard, one beaten egg, one tablespoon of melted butter. Bring to a boil five tablespoons of vinegar and pour over mixture, stirring constantly. Garnish salad with radishes cut in thin slices.

MRS. ROLAND SNETSINGER.

SALAD DRESSING.

Two eggs, yolks, $\frac{1}{2}$ teaspoon pepper, 2 teaspoons made mustard, $\frac{1}{2}$ cup vinegar, 2 teaspoons white sugar, 1 teaspoon salt, 1 tablespoon butter, $\frac{1}{2}$ cup milk. Beat thoroughly the yolks of eggs in a bowl; mix with the other ingredients; set in a kettle of hot water and stir constantly until it thickens.

MRS. WM. DINGWALL.

TOMATO AND NUT SALAD.

Remove the skin from eight tomatoes; scoop out the inside; mix the drained pulp with equal amount of chopped Walnuts and one fourth cup chopped green peppers. Add mayonnaise dressing. Refill tomato shells, serve on lettuce leaves.

MRS. MACHAFFIE.

WALDORF SALAD.

Mix one cup each of chopped celery, apples and English walnuts; add one teaspoon salt, juice of one orange and the grated rind, and one cup mayonnaise dressing. Serve on lettuce leaves. Garnish with pieces of apple skin cut in fancy shapes.

MRS. MACHAFFIE.

MAYONNAISE DRESSING.

One egg well beaten, one tablespoon white sugar, one and one-half tablespoons vinegar, one teaspoon mixed mustard, three-quarters teaspoon salt, piece of butter the size of an egg, a little pepper; mix the dry ingredients; add the vinegar and then the egg. Put the butter in a double boiler and when melted add the egg, etc. Stir constantly until thick, put aside to cool, and use as desired by thinning with cream.

MISS CARRIE ALGUIRE.

BEET SALAD.

Chop up a head of celery and a half a dozen cooked beets, to this add three large apples, chopped fine. Cover with mayonnaise and garnish with celery leaves.

MISS CARRIE ALGUIRE.

SALAD DRESSING.

Four eggs, beaten separately. To the yolks add half a tablespoon of salt, one tablespoon of mixed mustard, one tablespoon of sugar and two tablespoons melted butter; then add the beaten whites and put on stove and when it is thoroughly heated add seven tablespoons of vinegar. Stir till smooth, but do not allow to cook. Thin with cream or olive oil.

PICKLES.

“My lord, I hope you are pepper proof.”—SWIFT.

BRANDY PEACHES.

Peel half a peck of nice round peaches and drop as soon as peeled into cold water; place 4 lbs. sugar with 1 pint of water in kettle over fire; stir until sugar is somewhat dissolved; when it boils drain peaches and drop in syrup; boil until a straw can be put through them easily. Put peaches in four quart jars (it will take 10 or 12 for each jar), add to syrup one pint best brandy and fill jar to overflow with syrup. Close tightly and set aside.

MISS TERESA CAVANAGH.

CHILI SAUCE.

Forty ripe tomatoes, 8 large onions, 4 green peppers, $9\frac{1}{2}$ cups vinegar, 16 tablespoons of sugar, 8 tablespoons of salt, 1 tablespoon of cloves, $1\frac{1}{2}$ tablespoons of cinnamon, 1 teaspoon of ginger, 2 nutmegs. Peel and slice the tomatoes, chop the onions and peppers together, and boil all till rather thick.

MRS. CHAS. SMITH.

PICKLED ONIONS.

Select the small button or silver skin onions, peel and boil in milk 10 minutes; pour hot water over them and drain. Heat one gallon of vinegar, to which has been added half an ounce each of mace and cinnamon, some small red peppers, a small teacup of salt and half ounce of alum. When scalding hot, pour over the onions, and cover tightly until cold.

MRS. J. N. MACPHERSON.

GREEN TOMATO SOY.

Thinly slice two gallons of green tomatoes (not peeled) and twelve good-sized onions, and add one quart of vinegar, one quart of sugar, two tablespoons of salt, two tablespoons of pepper, two tablespoons of ground mustard, one tablespoon of allspice, one tablespoon of cloves. Mix altogether thoroughly, and stew slowly until tomatoes and onions are tender, stirring frequently. Put in wide mouth bottles or pint jars.

MRS. CHAS. MACHAFFIE.

CRAB APPLE CATSUP.

Select round apples, peel and quarter two quarts; stew them until tender in as little water as possible, then press through a sieve. To a quart of sieved apples add 2 teacupfuls of sugar, 2 teaspoonfuls of pepper, 2 teaspoonfuls each of cloves and cinnamon, and 3 large onions, chopped fine. Stir altogether, adding 2 tablespoonfuls of salt and cider vinegar enough to cover. Boil one hour. Seal while hot.

INDIAN SAUCE.

Sixteen ripe tomatoes, 16 sour apples, 8 large onions, 1 small cup of salt, 2 tablespoons of mustard, 2 of ginger, half teaspoon red pepper, 3 lbs. sugar, 3 pints vinegar. Chop the tomatoes, apples and onions, then mix altogether and boil until thick. MRS. JAS. STRICKLAND.

MUSTARD DRESSING FOR PICKLES.

This is to be used on mixed pickles, green tomato pickles, or any cut pieces of cucumbers. To three pints of vinegar allow a cupful of sugar, three-quarters of a cupful of flour, one-half pound of mustard. Mix flour, sugar and mustard together and wet them to a thin paste with a little of the vinegar, stirring the mixture until perfectly free from lumps. Heat the remainder of the vinegar, and when boiling stir in the paste. Cook only about five minutes, stirring constantly, and add large teaspoonful of salt at the last. When the dressing is done it should be of the consistency of thick cream. MRS. CHAS. MACHAFFIE.

SWEET PICKLED GREEN TOMATOES.

Slice a peck of green tomatoes and four green peppers, and place them in a stone jar in layers, sprinkling each layer thickly with salt. Cover with boiling water and let the whole stand over night. In the morning, drain well through a colander, and add four large onions, sliced together, with an ounce of cinnamon, an ounce of cloves and two pounds of brown sugar. Place all in a preserving kettle and nearly cover with vinegar, boiling slowly until tender. The syrup should be like thin cream when cold. MRS. CHAS. MACHAFFIE.

PICKLED ONIONS AND CUCUMBERS.

Two quarts of green cucumbers, one quart of onions (chopped fine), one cup of salt. Let stand one hour and drain water off well. Add one cup of sugar, one tablespoonful of mustard, $1\frac{1}{2}$ tablespoonfuls of ginger, $1\frac{1}{2}$ tablespoonfuls of pepper. Then salt it.

MRS. P. E. CAMPBELL.

FRENCH PICKLES.

One colander full of sliced green tomatoes, one quart sliced onions, one quart cucumbers (peeled and sliced), two good handfuls of salt. Let stand 24 hours. Drain through sieve. Add half ounce celery seed, half ounce allspice, one tablespoon of black pepper, one tablespoon of tumeric, one pound brown sugar, two tablespoons mustard, one gallon vinegar. Scald well. MRS. DUNCAN MACDONELL.

CELERY SAUCE.

Thirty-five ripe tomatoes, 5 onions, 4 heads celery, 4 green peppers (chop onions, celery and peppers fine), 6 cups vinegar, 18 tablespoonfuls white sugar, 3 tablespoonfuls salt. Boil two hours.

INDIAN SAUCE.

Sixteen green tomatoes, 8 onions, 12 sour apples, 2 lbs. brown sugar, 1 tablespoon mustard, 1 tablespoon black pepper, 1 tablespoon red pepper, $\frac{3}{4}$ teacup salt, 1 lb. stoned raisins, 4 cups vinegar, and 1 tablespoon cinnamon. Cut all up fine (except raisins), mix, cover with the vinegar, and boil till clear.

MRS. J. G. HARKNESS.

CHOW-CHOW.

One quart large cucumbers, cut fine; one quart large onions, cut fine; one quart small cucumbers, whole; one quart small onions, whole; one large head cauliflower; four large green peppers, chopped. Put in separate dishes and put in hot brine over night; drain, and add half gallon vinegar, eight cups granulated sugar, quarter pound mustard seed, quarter pound celery seed. Let it come to a boil. Make a paste of two-thirds cup flour, quarter cup mustard, half ounce tumeric. Stir gently and let boil for a minute or two.—MRS. JAS. STRICKLAND.

CHOWDER.

One basket green tomatoes, one large head of cabbage, six large onions, one cup grated horseradish, six red or green peppers (not too large), three pounds brown sugar, a small handful of mixed spices (about a tablespoonful!); vinegar to cover. Boil one hour. Chop fine the tomatoes, cabbage, onions and peppers, salt well, and drain through a bag over night. In the morning put in kettle, add the horseradish, spices and sugar, cover well with vinegar, and boil one hour from the time they are put on stove.

MISS MARION ROSS.

GREEN TOMATOES MADE IN MUSTARD.

One peck green tomatoes, half dozen onions, two green or red peppers, two pounds brown sugar, two quarts cider vinegar, one pound mustard. Boil mustard, sugar and vinegar to a thick syrup; then lay tomatoes and onions alternately until all are used. Boil until tender.

MRS. A. F. CAMERON.

TOMATO CATSUP.

Boil tomatoes slowly, then strain. To four quarts of juice add one quart of vinegar and one pound of sugar; all kinds of spice and cayenne to taste. Boil until thick enough and seal while hot.

MRS. J. T. KIRKPATRICK.

GRAPE CATSUP.

Stew ten pounds of Concord grapes over a slow fire until soft, then strain through a sieve. Add three pounds of white sugar, one pint of vinegar, two tablespoonsfuls each of salt, cinnamon, cloves and allspice. Mix thoroughly altogether and boil until very thick.

GERMAN PICKLES.

Two dozen cucumbers, sliced; sprinkle with salt; put in a cheese-cloth and put a weight on. Let stand over night. In the morning, take a dozen and a half medium-sized onions, sliced; add to cucumbers and cover with vinegar. Add four cups sugar, three-quarters ounce tumeric, three-quarters ounce celery seed, one tablespoon white pepper. Let cook about an hour.

MRS. L. A. ROSS.

CELERY SAUCE.

Thirty ripe tomatoes, four large onions, four heads of celery, four peppers (any kind); chop the last three ingredients together; fifteen tablespoons white sugar, three tablespoons salt, five cups vinegar. Cook till thick like Chili Sauce.

MRS. CHAS. SMITH.

APPLE PICKLES.

Eight pounds apples, $4\frac{1}{2}$ cups vinegar, $4\frac{1}{2}$ cups sugar, 2 cups water; spices to taste. Boil till done.

MRS. D. MONROE.

CANADIAN PICKLE.

Two quarts onions, two quarts cabbage, two quarts green cucumbers, two quarts green tomatoes, two ripe peppers (chop all fine), one cup salt; cover all with water. In morning, scald good in the brine, then drain well. Cook in following sauce: Two quarts vinegar, six cups mustard, one cup flour, one ounce tumeric. Mix well and cook slowly one hour. Let simmer.

MRS. H. WILLIAMS.

FRENCH PICKLE.

One peck green tomatoes, six onions, six green peppers; chop all fine, and add one cup salt, and let stand over night. In morning, pour off the brine, and add two quarts water and one quart vinegar. Boil 20 minutes and drain through colander. Then take 3 pints vinegar, $1\frac{1}{2}$ lbs. sugar, $\frac{1}{2}$ lb. white mustard seed, 1 tablespoon cinnamon and cloves. Boil 15 minutes and pour on pickle.—MRS. H. WILLIAMS.

TOMATO CATSUP.

Cut the tomatoes up and add a little boiling water. Boil until tender, then put through a wire sieve; add vinegar, sugar and salt to taste. Put whole mixed spices in a muslin bag and boil altogether till thick enough.

MRS. DUNCAN MONROE.

PICKLED PEACHES.

Seven pounds fruit, $3\frac{1}{2}$ lbs. sugar, 1 quart vinegar. Peel fruit and put two cloves in each; boil sugar and vinegar, and skim. Put peaches in and boil slowly; when peaches are soft enough to put a straw through them, remove them, but boil the syrup longer, then remove and pour boiling hot over peaches. Seal air tight.

EGGS.

"The lay of the morning lark is sweet, but give me the lay of the morning hen."

OMELETTE.

A tablespoonful of milk to every egg, and a teaspoonful of corn starch to every four eggs. COBOURG.

EGGS VERMICILLI.

Boil 3 eggs twenty minutes, separate the yolks and chop the whites fine, toast four slices of bread. Make 1 cupful of white sauce with 1 cup of milk, 1 dessertspoonful butter, 1 heaping teaspoon flour, half a teaspoonful salt and half a saltspoonful pepper. Stir the whites into the sauce and when hot pour it over the squares of toast. Rub the yolks through a fine strainer, over the whole. Garnish with parsley.

MISS KIRKPATRICK.

BAKED OMELETTE.

Six eggs, whites and yolks beaten separately and very light, a teacup of warm milk with a tablespoon of butter melted in it, a tablespoonful of flour, one teaspoonful of salt, a little pepper; mix together adding whites last. Bake twenty minutes. MRS. WM. DINGWALL.

NUT OMELETTE.

Beat separately 4 eggs; to the beaten yolks add 3 teaspoons of milk, then fold into the stiffly beaten whites, add 1 cup finely chopped nuts, and turn into a very hot pan in which has been melted a generous piece of butter. As soon as mixture begins to "set," lift the edges and let the soft part run under, continue to do so until it is firm all over. Fold over and serve immediately. MRS. J. E. MACPHEE.

CHEESE OMELETTE.

Put as many eggs as there are persons, adding a tablespoonful of cold water to each egg; beat just enough to thoroughly mix the yolks and whites; put a tablespoonful of butter into an omelette pan to melt. Pour in the eggs and shake constantly over a quick fire until set. Take from fire and sprinkle with salt, pepper and one-half cupful of grated cheese. Roll and turn out on hot platters garnished with parsley.

MRS. R. M. PITTS.

CURRIED EGGS.

Cook 2 thinly sliced onions in 2 tablespoons butter till golden brown, add 1 teaspoon curry powder; cook 1 minute, add 1 pint of milk, cover and simmer 15 minutes, add salt and pepper and six hard boiled eggs sliced. Serve on toast.

DEVILLED EGGS.

Boil required number of eggs 20 minutes, shell and cut in two, remove yolks, pound to a paste; add a little onion, melted butter, pepper and salt to taste with just enough vinegar to moisten mixture. Put this back into the whites, press two halves firmly together. Place on toast with a nicely flavored white sauce poured over.

EGGS POACHED IN CREAM.

Place in a saucepan enough cream or very rich milk to float eggs; when cream reaches boiling point break in as many eggs as you wish to make; when they are "set," sprinkle over them grated cheese. When sufficiently cooked lift to a platter and pour over them the sauce left in pan.

MRS. J. E. MACPHEE.



SANDWICHES.

“A morsel for a monarch.”—SHAKESPEARE.

SARDINE SANDWICHES.

Sardines chopped fine, also a little ham, a small quantity chopped pickles, mix with mustard, pepper, salt, ketchup and vinegar. Spread between buttered bread.

MISS O'SHEA.

PEANUT SANDWICHES.

Shell and remove the skins from one cupful of freshly roasted peanuts, chop very fine, mix with one tablespoonful of mayonnaise dressing. Spread between thinly sliced buttered bread.

MISS HILL.

NUT SANDWICHES.

Butter very thin slices of Boston brown bread and lay finely chopped almonds between the slices. Salt very lightly.

MISS MACDONALD.

CELERY SANDWICHES.

Take one cupful of white, tender celery chopped fine, mix with it two minced eggs that have been boiled twenty five minutes, then left in cold water until they have cooled to the heart. Chop them fine and rub through a coarse sieve; work up well with the celery and beat in two tablespoonfuls of mayonnaise dressing. Spread between thin slices buttered bread.

MRS. W. V. BOYD.

OLIVE SANDWICHES.

Mash cream cheese very fine. Chop olives also very fine. Spread cheese on buttered bread and sprinkle chopped olives over it.

CELERY SANDWICHES.

Mix one cup finely shredded celery, one-fourth cup finely chopped nut meats and one-fourth cup chopped olives. Moisten with mayonnaise and spread between thin slices of bread.

EGG SANDWICHES.

Chop two hard boiled eggs; add olive oil and seasonings, until of the consistency to spread. Use for a filling for graham bread sandwiches.

CHEESE SANDWICHES.

Mix one cream cheese with an equal amount of chopped walnuts; add a few grains of cayenne, season with salt and moisten with cream.

MRS. MACHAFFIE.

CHICKEN SANDWICHES.

Mix one cup chopped chicken with one cup chopped almonds, moisten with mayonnaise dressing. Spread between thin slices of buttered bread.

NUT AND FIG SANDWICHES.

Chop English walnuts fine and add to a fig paste filling made by chopping figs fine, adding enough water to make a smooth paste and cooking slowly until of a consistency to spread. Flavor with a little orange juice, grated candied orange peel or any other fruit juice preferred, and spread between very thin slices of brown bread cut in fanciful shape.

CHOCOLATE SANDWICHES.

Two teaspoonfuls of powdered chocolate are added to two of boiling water and five of powdered sugar. If one likes a little vanilla, it is added. This is stirred over the fire until it is smooth and thick. It is taken off the stove to cool, and before it is cold it is spread between extra thin slices of buttered bread.

EGG SALAD SANDWICHES.

Boil the number of eggs needed at least half an hour, then leave them in cold water a few minutes; after removing the shells chop them as fine as possible with a silver fork and add salad dressing enough to make a smooth, creamy mixture.

MRS. CLARENCE KNOX, Hopedale, Mass.

CHERRY SANDWICHES.

Chop candied cherries fine. Moisten with orange juice and spread between thin bread and butter.

MRS. J. E. MACPHEE.



BREAD, BUNS, Etc.

“Half a loaf is better than no bread.”

“Aye, to the leavening, but there's yet in the word hereafter the kneading, the making of the bread, the heating of the oven, and the baking.”—SHAKESPEARE.

YEAST.

Boil six large potatoes and put one yeast cake to soak in one cup luke warm water; one tablespoonful salt, four tablespoonfuls sugar, four tablespoonfuls flour; six potatoes, hot, mashed together. Pour over this boiling water off potatoes, about one quart. Let it cool until luke warm and add yeast cake. Set in warm place to rise.

MRS. MAGWOOD.

BREAD.

One tablespoonful salt, two tablespoonfuls lard, three tablespoonfuls sugar, three cups of yeast to four cups luke warm water. Flour to make a loaf and set away to rise.

MRS. MAGWOOD.

BROWN BREAD.

Mix two cups sour milk, three cups of Graham flour, one and a half cups of white flour, three-quarters of a cup of molasses, half a teaspoonful salt. Add lastly one teaspoonful of soda dissolved in a little hot water. Bake three-quarters of an hour. MRS. A. F. CAMERON.

BOSTON BROWN BREAD.

One egg, one cup sweet milk, one cup sour milk, two cups wheat flour, one cup corn meal, half cup molasses, a little salt, one tablespoon soda, two tablespoons butter. Steam $3\frac{1}{2}$ hours.

MRS. J. G. HARKNESS.

ENTIRE WHEAT BREAD.

Put one tablespoon shortening, two tablespoons molasses, one and a half teaspoons salt, into a bowl. Pour on one cup boiling water and one cup scalded milk; when lukewarm add one yeast cake, dissolved in one-quarter cup lukewarm water and flour, using one cup white flour and enough fine entire wheat flour to knead. After kneading, let rise; shape in loaves; again let rise, and bake in a hot oven 40 minutes.

CORN BREAD.

One cup of sour milk, half a cup of sugar (scant), half a cup of white flour, one cup of corn meal, pinch of salt, half a teaspoon of soda, half a cup of butter stirred in last. Graham gems may be made the same.

MRS. A. W. FLACK.

BUNS.

Set at dinner time half cake yeast, one cup water, a little flour. Let rise till night. Then add one cup warm water, half cup brown sugar, half cup butter and lard, one egg, one teaspoon salt. Knead stiff, and let rise till morning. Knead again. Form into buns. Let rise, and bake.

MRS. MCTAVISH.

TWIN MOUNTAIN MUFFINS.

Cream, one-third cupful butter; add gradually quarter cup sugar, quarter teaspoonful salt, one egg beaten light, three-quarter cupful milk, two cupfuls sifted flour, four level teaspoonfuls baking powder. Bake in hot buttered gem pans about 25 minutes.

MISS KIRKPATRICK.

MUFFINS.

Two cups of flour, one egg, one cup milk, two teaspoonfuls baking powder, tablespoonful butter, melted and added last thing. Put in muffin pans and bake in hot oven.

COBOURG.

JOHNNY CAKE.

One egg, one and a half cups buttermilk or sour milk, quarter cup lard, quarter cup sugar, half cup flour, half teaspoon soda, quarter teaspoon salt, one and a half cups corn meal, half teaspoon ground allspice.

MISS MARION ROSS.

FRENCH PANCAKES.

One pint of milk, three eggs, two cups sifted flour, two small teaspoonfuls baking powder, pinch of salt. Beat the yolks of the eggs light, and pour the milk upon them. Sift the flour with the salt and baking powder, and add this alternately with the whipped whites. Have ready a heated griddle and cook the batter on this in large spoonfuls. As each pancake is done, transfer it to a hot plate; spread it lightly with jam or jelly and roll it up, the sweetmeat inside. When the rolls are neatly arranged on a dish, sprinkle them lightly with powdered sugar.

MISS KIRKPATRICK.

CORN GEMS.

Two cups corn meal, two cups flour, two cups sweet milk, two eggs, three heaping teaspoonfuls baking powder, half cup butter, half cup sugar. Bake in gem tins.

MRS. ANNIE FARLINGER, Montreal, Que.

WHEAT CAKES.

One pint sour milk, one teaspoon soda, a little salt, two eggs, flour to make a thin batter. Have pan hot and fry quickly.

MISS MARION ROSS.

DINNER ROLLS.

Put quarter cup butter, two tablespoons sugar, one teaspoon salt in a bowl. Pour on two cups scalded milk; when lukewarm, add one yeast cake dissolved in quarter cup of lukewarm water and three cups flour. Beat thoroughly; cover and let rise until light; cut down and add enough flour to knead. Let rise again; shape, place in buttered pan. Again let rise and bake in hot oven 15 minutes.

MRS. A. MCCracken.

POP OVERS.

Two eggs, two cups milk, two cups flour, a little salt. Put all in a bowl and beat together. Bake in a hot muffin pan.

MRS. A. MCCracken.

GRAHAM GEMS.

One egg, one tablespoonful butter, one cup flour, enough graham flour to make a stiff batter, two cups buttermilk, one teaspoonful soda. Drop in hot gem pans, and bake in a quick oven.

MRS. R. M. PITTS.



PUDDINGS.

Give me solid pudding in preference to empty praise."—POPE.

LEMON SNOW.

Three heaping tablespoons of corn starch dissolved in cold water; then pour on boiling water, stirring constantly till of the consistency of thick starch. Remove from fire; add one cup sugar, the juice of two lemons and the grated rind of one. Serve when cold, with whipped cream.

MRS. E. A. HALL.

BIRDS NEST PUDDING.

Core and peel eight apples, put in a dish, fill cavities with sugar and a little grated nutmeg; cover and bake. Beat the yolks of four eggs light; add two cups flour, with three even teaspoons baking powder sifted in it, 1 pint milk with one teaspoon salt; add the whites of the eggs well beaten, pour over the apples and bake in moderate oven 1 hour. Serve with sauce.

"SCOTTIE."

HAMILTON PUDDING.

Three ounces sour apples, chopped fine; three ounces sugar, three ounces butter, three ounces bread crumbs, three ounces currants or raisins, cut fine; three eggs, a little nutmeg. Rub butter and sugar together; add apples, then yolks of eggs, then bread crumbs; add fruit rubbed with a tablespoonful of flour; lastly add the well beaten whites of the eggs. Steam 2 hours.

MISS O'SHEA.

LEMON SPONGE.

Beat whites of three eggs until very stiff; into them beat gradually one cup of sugar, add piece of lemon. Dissolve three heaping teaspoons Knox gelatine in a cup of cold water, by stirring over the fire. Let gelatine cool, and when luke warm add to the beaten eggs. Beat hard until the gelatine begins to thicken the mixture. Pour into a mold. Serve with cream.

MISS KIRKPATRICK.

STEAMED COTTAGE PUDDING.

One tablespoon butter, two tablespoons sugar, one egg, one teaspoon baking powder, half cup milk or water, enough flour to make a stiff batter. Put three tablespoons of any kind of jam in pudding dish. Steam 1½ hours. Turn out of pudding dish so that the jam will be on top. Serve with rich cream.

MRS. A. DENNY.

LEMON PUDDING.

Make pie paste and line a pudding dish. After it is baked spread with jam; then add three oz. bread crumbs, three oz. butter, juice and rind of two lemons, one cup of sugar, yolks of three eggs, lastly the white of three eggs beaten stiff. Set in the oven until slightly brown. Serve with cream.

MRS. A. W. FLACK.

ROLY POLY PUDDING.

Two cups flour, one cup chopped suet, one cup cold water, one teaspoon of salt, one teaspoon baking powder. Roll $\frac{1}{2}$ an inch thick. Spread with fresh fruit. Steam $2\frac{1}{2}$ hours.

MRS. DUNCAN McDONELL.

SEVEN CUP PLUM PUDDING.

One cup raisins, one cup currants, one cup flour, one cup suet, one cup milk, one cup molasses, one cup bread crumbs, one teaspoon baking powder. Steam 3 hours.

MRS. N. J. FRAID.

THANKSGIVING PUDDING.

Chop one-third cup suet, work until creamy; add half lb. finely chopped figs, soak two and a half cups stale bread crumbs in three-quarter cup milk; add four eggs, well beaten; one cup of brown sugar, one teaspoon of salt, three-quarter teaspoon cinnamon, half a grated nutmeg. Combine mixtures; add half cup raisins, seeded and chopped; half cup English walnuts broken in pieces, mixed with two table-spoons flour, two teaspoons of baking powder. Turn into a mould and steam 5 hours.

Sauce:—Beat yolks of two eggs light; add gradually half cup powdered sugar; beat whites of two eggs until stiff; add gradually half cup sugar, quarter cup heavy cream, beaten stiff. Flavor.

MISS BEE DINEEN, Montreal.

FIG PUDDING.

Half cup suet, one cup brown sugar, half teaspoonful of salt, two eggs, half lb. figs, half cup milk, one teaspoon soda, dissolved in the milk; one teaspoon cinnamon, flour to stiffen. Steam 2 hours.

MRS. C. H. BARBER.

CORN STARCH PUDDING.

One pint sweet milk, two heaping tablespoons corn starch, three tablespoons sugar, three eggs, whites. Put milk in a double boiler; when it reaches the boiling point add sugar, then the starch dissolved in a little cold milk; stir until thick, then beat in the whites of eggs whipped to a stiff froth. Serve cold with whipped cream or custard made of the yolks.

MRS. WM. DINGWALL.

ORANGE PUDDING.

Five oranges, one cup sugar, one pint milk, three eggs, one tablespoon corn starch. Peel and cut the oranges in small pieces, take out the seeds; sprinkle the sugar over them; boil the milk and add the well beaten yolks of eggs with the corn starch, and when it begins to thicken pour over the fruit. Beat the whites of the eggs with three tablespoons of white sugar. Frost the pudding and brown it in the oven.

MRS. WM. DINGWALL.

LEMON PUDDING.

One cup sugar, quarter cup butter, two eggs, one cup of bread crumbs, juice and grated rind of one lemon, half cup of water. Bake for $\frac{1}{2}$ an hour.

MRS. J. E. MACPHEE.

RICE PUDDING.

One cup boiled rice, sweetened; grated rind of one lemon, yolks of three eggs, and milk enough to thin. Bake, let cool.

Sauce :—Whites of three eggs, well beaten; two cups white sugar, juice of one lemon. Spread over pudding.

MISS MARION ROSS.

CHOCOLATE PUDDING.

One cup rich milk, one cup sugar, three ounces grated chocolate, five eggs, five tablespoons powdered sugar. Scald the milk and chocolate, and when sufficiently cool add the well beaten yolks of eggs, the sugar, a pinch of salt and bake. Make a meringue of the whites of eggs and the powdered sugar, lay on the pudding when baked and brown lightly.

MRS. WM. DINGWALL.

STEAMED CHOCOLATE PUDDING.

Sift together several times one cup of sifted flour, one level teaspoonful and a half of baking powder, nearly half a teaspoonful of cinnamon, and a few grains of salt. Beat the yolk of an egg, gradually beat in one-third cup sugar, three tablespoonfuls of melted butter and quarter cup milk; stir these into the flour mixture, then beat in two ounces of chocolate melted over hot water, and the white of one egg, beaten dry. Turn into 3 buttered cups; steam about 25 minutes.

MISS TERESA CAVANAGH.

CARAMEL CREAM.

One cup brown sugar stirred over the fire until caramelled. Heat one pint of milk; when at boiling point add the caramelled sugar and one tablespoonful corn starch dissolved in a little milk. Cook a couple of minutes stirring constantly. Flavor with vanilla and add one-half cup finely chopped walnuts. Turn into a mold. Serve with rich cream.

MISS KIRKPATRICK.

ANGELS FOOD.

Make a custard, using one pint of milk, yolks of three eggs, two heaping teaspoons Knox gelatine, dissolved in the milk, sugar and vanilla to taste. Beat the whites very stiff and add to the custard. Pour into a mold, and when set turn out and serve with cream.

MISS KIRKPATRICK.

PLUM PUDDING.

One pound washed currants, three cups of flour, one teaspoon soda, two teaspoons cream of tartar, one pound suet, chopped fine; one cup sugar, two cups milk, five eggs, well beaten; one grated nutmeg, one teaspoon of salt; the whole to be well mixed. The mixture must drop from the spoon in soft lumps. Steam 3 hours.

Sauce :—Four tablespoons white sugar, two tablespoons of butter, one tablespoon of flour. Beat all to a cream and add one gill of boiling water. Stir well and flavor to taste.—MRS. DUNCAN MONROE.

QUEEN PUDDING.

Two cups fine bread crumbs, two-third cup sugar, butter the size of a walnut, yolks three eggs, one quart milk, one lemon. Soak the bread in the milk; cream, butter and sugar; beat in the egg yolks and add the juice and grated rind of the lemon. Stir all together, and bake about $\frac{3}{4}$ of an hour in a moderate oven. When cooked spread over the top of the pudding a layer of any kind of jelly. Beat the whites of the eggs to a stiff froth; add two tablespoons of pulverized sugar; arrange over the pudding. Brown in oven.

MRS. N. J. FRAID.

THREE MINUTE.

Two tablespoons flour, two tablespoons sugar, two eggs, two teaspoons baking powder. Place the mixture in a long buttered pan. Bake lightly, then remove from the pan; spread stewed apples or preserves over it and roll up like a bolster. Serve with white sauce.

COBOURG.

BREAD PUDDING.

One cup fine bread crumbs, half cup sugar, one pint milk, butter the size of an egg, yolks of two eggs, a little salt, juice and grated rind of half a lemon or enough lemon extract to flavor. Bake the pudding until set. Let cool a little and then put over it the whites of eggs beaten very stiff with sugar and lemon flavoring to taste. Brown in the oven.

MISS WINNIE KIRKPATRICK.

FIG PUDDING.

A pound of figs, cut fine; six ounces bread crumbs, half pound suet, minced fine; ten ounces sugar, three eggs, one small nutmeg, grated; half cup flour. Boil or steam 3 hours.

MRS. A. DENNY.

CARROT PUDDING.

One cup carrots, grated; one cup potatoes, one cup suet, one cup brown sugar, one cup flour, two teaspoonfuls baking powder, one cup raisins. Steam 2 hours. By using berry or fruit sugar one has a much lighter cake.

MRS. A. F. CAMERON.

MIDWINTER FRUIT PUDDING.

Cut six ounces each of dates and figs into thin slices. Butter a mold, holding a pint and a half, then dredge thickly with sugar. Line the mold with lady fingers standing upright, cutting them off even with the top of the mold. Fill the mold with the prepared fruit, mixing in with it six ounces of English walnut meats. Beat three eggs; add one-fourth a cup of sugar, wine or other flavoring, and one cup and a half of milk; mix well and pour over fruit in the mold. Let cook, set on several folds of paper in a dish of boiling water until firm. This will take about an hour. Serve hot or cold, turned from the mold. Decorate with whipped cream and bits of nuts, dates and figs.

MRS. W. B. CAVANAGH.

STEAMED PUDDING.

One cup suet, one cup molasses, one egg, one cup milk, one cup raisins, three and a half cups flour, one tablespoon cloves, one tablespoon cinnamon, one nutmeg, a little salt, one teaspoon soda, dissolved in milk. Steam 3 hours.

Sauce:—Four tablespoons white sugar, two tablespoons butter, one tablespoon flour. Beat all to a cream and add white of one egg, well beaten; then add gill of boiling water. Stir well, and flavor with lemon juice.

MRS. J. G. HARKNESS.

DUCHESS CREAM.

Soak half pint of tapioca in water over night. In the morning drain and cover with hot water and let simmer until clear; add juice of two lemons, half can of pineapple, two cups of sugar and beaten whites of two eggs. Serve with cream.

MRS. P. E. CAMPBELL.

BANANA SPONGE.

One-third package Knox gelatine, one-third cup cold water, one-third cup boiling water, one cup sugar, juice of one lemon, one cup banana pulp, whites of three eggs, slices of banana. Soften the gelatine in cold water and add the boiling water and sugar. When the sugar is dissolved strain over the banana pulp; heat to the scalding point; let cool a little; add the lemon juice and beat over ice water until light and cold, then beat in gradually the whites of the eggs first beaten until dry. Turn the mixture into a mold lined with slices of banana. Serve cold ornamented with stars of whipped cream.

MISS KIRKPATRICK.

SNOW PUDDING.

Two cups of boiling water, one cup of sugar, two even tablespoonfuls of corn starch, wet with the juice of one lemon. When this thickens add beaten whites of three eggs. Beat 10 minutes. Serve with a custard made of the yolks of three eggs, one pint of milk, sugar to taste.

MRS. P. E. CAMPBELL.

BLACK PUDDING.

One cup molasses, half cup warm water, one egg, one and a half cups of flour, one teaspoon of soda. Steam 1 hour.

Sauce :—One cup of sugar, butter the size of an egg, flavor with vanilla. Mix butter and sugar well, then add well beaten eggs and vanilla. Beat until quite light.

MRS. P. E. CAMPBELL.

COCOA MERINGUE.

One cup of milk, two tablespoonfuls of flour, four teaspoonfuls of cocoa, two yolks eggs, pinch of salt, three tablespoonfuls of sugar, one teaspoonful of vanilla. Put the milk in a double boiler and heat; mix flour and cocoa together in a little cold milk until free from lumps; when the milk is hot, add the flour and cook until thick, stirring constantly; beat yolks of eggs lightly, add sugar and salt. Add to the chocolate mixture and cook until the yolks thicken, remove from the fire and when cool add vanilla. Cover with meringue made of whites of two eggs beaten very stiff, pinch of salt, half teaspoonful vanilla, three tablespoonfuls of sugar. Brown in oven.—MISS KIRKPATRICK.

COTTAGE PUDDING.

Three-quarter cup sugar, butter size of an egg, one egg, half cup sweet milk, one cup flour, one teaspoon baking powder, a little salt. Flavor with vanilla. Cream, butter and sugar; add beaten egg, then milk and flour and baking powder sifted together. Bake in a moderate oven, and serve with lemon or hard sauce.

MRS. L. A. ROSS.



PUDDING SAUCES.

APPLE JELLY SAUCE.

Melt two tablespoons of sugar and half cup of jelly over fire in one cup of boiling water. Add two tablespoons of butter. Stir into it one teaspoon of corn starch, dissolved in half cup of water or wine; add to jelly; let it boil. Set in dish of hot water. Any fruit jelly can be used.

MRS. J. E. MACPHEE.

HARD SAUCE.

Beat one cup of sugar and one cup of butter to a cream; add the whites of two eggs, well beaten; beat a few minutes longer. Set on ice before serving.

MRS. L. E. BAILEY.

CHOCOLATE SAUCE.

Put four ounces of grated chocolate, one cup of sugar and half cup of milk over the fire. Stir until the sugar is dissolved and boil until the mixture forms a soft ball when dropped in cold water. Serve at once. It is usually served hot with ice-cream.

SULTANA SAUCE.

Steam and seed one-quarter cup of Sultana raisins, add one cup of boiling water, and let simmer one-half hour; add water if needed; then add half cup of sugar. Let it boil to a syrup. Flavor to taste.

MISS TERESA CAVANAGH.

STRAWBERRY SAUCE FOR ICE-CREAM.

For Vanilla Ice-Cream or for a Lemon Ice: Beat the white of an egg; cream together one cupful of sugar and one tablespoon of butter; add the egg white, half a cup of strawberry juice squeezed from the fresh fruit, half a cup of strawberries cut into small pieces, and two bananas cut into dice, and added just before serving time. A little whipped cream may be added last of all.

MISS KIRKPATRICK.

LEMON.

Three-quarter cup sugar, half cup butter, one egg, juice and half grated rind of lemon, one teaspoonful nutmeg and half cup boiling water. Cream butter and sugar and beat in the egg whipped light, the lemon and nutmeg. Beat, then add water; stand it over the kettle until hot, but not boiling. Stir constantly.

MISS KIRKPATRICK.

STRAWBERRY SAUCE.

Mash a quart of strawberries, sweetened with a cup of powdered sugar, and let it stand for a couple of hours. Heat to the boiling point and then cool until ready to use. MISS KIRKPATRICK.

CARAMEL.

Melt a cupful of sugar in a saucepan, stirring until it becomes a delicate brown; add three-quarters cup of boiling water, blending until smooth, and a tablespoon of butter and flour, rubbed together. Cook four minutes. MISS KIRKPATRICK.

DUCHESSE.

Boil two ounces grated chocolate in half pint milk 5 minutes. Strain on two yolks of eggs beaten with four tablepoons cream and half cupful sugar. Strain, return to fire, stir until thick as honey. Remove and add one teaspoonful extract vanilla.—MRS. J. T. KIRKPATRICK.

ORANGE SAUCE.

Two heaping teaspoons of corn starch dissolved in water, with boiling water poured on to make a thick, smooth paste; add a beaten egg, a heaping teaspoonful of butter, and a small cup of sugar; when cooked add juice of two oranges. Serve hot.—MISS A. MACPHERSON.

BRANDY OR WINE SAUCE.

Stir one teaspoonful corn starch in a little cold water to a smooth paste; add to it one cup of boiling water, one cup sugar, butter size of an egg; boil together ten minutes. When cool add half a cup brandy or wine.

HOT MAPLE SAUCE FOR ICE CREAM.

Put one pint of maple syrup and a half cupful of cream into a saucepan, and cook without stirring until it hairs. When a little of the syrup dropped into cold water can be rolled into a soft ball, take from the fire, stir in a half cupful of English walnuts chopped fine, and keep hot until ready to serve.

FRUIT SAUCE.

Two-thirds cup of sugar, one pint of fruit, (any kind), one table-spoonful melted butter, one cup hot water. Boil slowly; remove scum, strain.



PIES.

“A deal of skimble skamble stuff.”—SHAKESPEARE.

ROUGH PUFF PASTE.

Eight ounces of flour, six ounces of butter, one teaspoonful of lemon juice, one yolk of egg, one gill of cold water. Sift flour and place in bowl; cut the butter amongst it with a knife; beat the yolk; add lemon juice and water; add by degrees flour and water until a dough is formed of sufficient consistency to leave the sides of the bowl without sticking. Place this on a floured board, roll out four or five times; keep rolling always one way. Between each rolling fold the pastry into three, and turn it with rough edges to you.

MRS. WM. R. MACK.

PLAIN PASTRY.

Two large cups flour, one teaspoon salt, two teaspoons sugar, quarter pound butter, quarter pound lard; ice water to mix. It is better if made the day before using and kept on ice.

MRS. J. T. KIRKPATRICK.

PUMPKIN PIE.

To one quart of stewed pumpkin add one quart of rich milk, five eggs beaten lightly, one tablespoon ginger, one tablespoon cinnamon, one nutmeg (grated), three teacups sugar, one teaspoon salt. Put in deep plates lined with paste. Bake one-half hour.

MRS. MACHAFFIE.

CREAM PIE.

Boil one pint milk, two tablespoons corn starch dissolved in milk, yolks of two eggs, well beaten; one scant cup of sugar, piece of butter the size of an egg, one teaspoon of vanilla, pinch of salt. Cook until mixture thickens; put it into a shell you have previously baked. Beat whites to a stiff froth, add four tablespoons sugar; put on top and set in the oven to brown.

MRS. MACHAFFIE.

PUMPKIN PIE.

To one tin of pumpkin add six beaten eggs, three cups of sugar, a pinch of salt, and tiny pinch of nutmeg. Add enough milk to fill three pies.

MRS. GEO. ROSS.

PINEAPPLE PIE.

One cup of powdered sugar, half cup of butter, two eggs, one small pineapple. Beat the butter and sugar until creamy; add the beaten yolks of the eggs, and the pineapple, shredded. When well mixed, add the whites of the eggs, which have been beaten to a stiff, dry froth; mix lightly and turn into the pieplate. Bake with an under-crust only.

MRS. J. T. KIRKPATRICK.

CHOCOLATE PIE FILLING.

Two cups of milk, one cup of granulated sugar, beaten yolks of two eggs, two heaping tablespoons of corn starch, two squares of grated chocolate and a little vanilla. Cook in double boiler until thick.

MRS. ROLAND SNETSINGER.

LEMON PIE.

The juice and grated rind of one large or two small lemons, one cup of sugar, yolks of three eggs, half teaspoon of cornstarch, one cup of hot water. Cook and put in baked pie shell; beat whites of three eggs dry, adding three tablespoons of pulverized sugar. Flavor to taste.

MISS O'SHEA.

MOCK CHERRY PIE.

One cup of cranberries, cut in halves; one cup of seeded raisins, cut in halves; three-quarters cup of sugar, one tablespoonful of flour, grated rind of one small lemon, a few bits of butter on top. Bake with two crusts.

MRS. L. E. BAILEY.

DATE PIE.

To one cupful of cleaned dates add a cupful of water; cook over hot water about 20 minutes, then rub through a sieve. Beat an egg and a tablespoonful of sugar until light; add a tablespoonful of lemon juice, the date paste, and gradually a cupful of scalded milk. Pour into a half baked shell and finish baking in a moderate oven until a knife-blade can penetrate it and come out clean.—MISS MACPHERSON.

CUSTARD PIE.

Put on the stove to heat, one pint of milk. Into a quart bowl break one large or two small eggs; add a half saltspoonful of salt and beat thoroughly. Add one generous half cup of sugar and four grates of nutmeg; stir thoroughly. Pour on this the hot milk; let it stand. Meanwhile make the crust. Stir the mixture a few times. By the time the crust is ready, the mixture will be cool enough to put in the tin to bake. Put into a hot oven and bake quickly. This custard will be like jelly. A pie made like this does not need to bake as long as when cold milk is used. It is long baking and too many eggs that make custard pie tough and watery.

MISS MACPHERSON.

MINCE PIE.

Take 4 lbs. beef tenderloin, 2 lbs. suet, 3 lbs. brown sugar, 3 lbs. seeded raisins, 3 lbs. currants, 1 oz. mace, 1 oz. nutmeg, 1 oz. cinnamon, 1 oz. cloves, 15 large apples, chopped fine; 2 lbs. citron, sliced; grated rind and juice of 4 lemons, grated rind and juice of 4 oranges, 1 quart brandy, 1 pint Madeira wine, 1 tablespoon salt. Boil the beef until well done; when cold chop it fine. Chop suet and apples, and add to the beef. Mix the sugar and spices, and to them add the wine, brandy, orange and lemon juice. Mix the raisins, citron, lemon and orange rinds. Now combine gradually the three sets of ingredients after having added the salt to the liquid part, using a small portion of each until all are used. Pack in stone jars, cover closely, and keep in a cool closet.

MRS. J. B. MACPHERSON.

SQUASH PIE.

One cup stewed squash, put through sieve, one scant cup of sugar, one pint milk, two eggs, two tablespoons of melted butter; ginger and cinnamon to taste. Make a good short paste, fill and bake slowly nearly an hour, or till it is a delicate brown.—MISS MARION ROSS.

RAISIN PIE.

One lemon, one cup sugar, one egg, one tablespoon flour, half cup raisins, seeded. Cover the raisins with one cup of cold water and soak one hour. Beat egg with sugar until light, add juice of lemon and mix with flour; add raisins and water they were soaked in, and cook in double boiler until mixture thickens. Bake between two crusts.

MRS. MACHAFFIE.

LEMON PIE WITH ONE CRUST.

One whole egg and the yolk of two, one cup sugar, one heaping tablespoon of corn starch, one lemon (grated), one cup of boiling water. Cook in double boiler until it thickens; put it in shell. Beat the whites of two eggs to a stiff froth, add four tablespoonfuls of sugar; set in oven until brown.

MRS. MACHAFFIE.

MINCE MEAT.

Two pounds lean beef (boiled), 1 lb. beef suet, 5 lbs. apples (chopped), 2 lbs. cooking raisins, 2 lbs. Sultana raisins, 2 lbs. currants, $\frac{3}{4}$ lb. citron peel, 2 tablespoonfuls each of cinnamon, mace, nutmeg (grated), allspice and cloves; 1 teaspoonful salt, 4 lbs. brown sugar, 1 quart brown sherry, 1 pint brandy.

MRS. RODERICK J. PITTS.

RAISIN PIE.

One cup raisins, one cup sour milk, one cup sugar, one teaspoon flour. Dots of butter on top.—MRS. ANNIE FARLINGER, Montreal.

CREAMS, CUSTARDS, Etc.

"There were russes, jellies, creams,
Things that give us in truth ugly dreams."—TOM COXE.

"'Tis the dessert that graces all the feast,
For an ill end disparages the rest."—KING.

FRUIT CREAM.

One quart of cream beaten to a stiff froth, quarter of a box of Cox's gelatine dissolved in a little cold water, sugar to taste; add to this a little of each of the following fruits: strawberries, cherries, pineapple, peaches, dates and nuts. Pour into a mold and let stand until stiff enough to turn out.

MRS. ROLAND SNETSINGER.

COFFEE CREAM.

Soak half ounce gelatine in a little cold water half an hour, then place it over boiling water and add a gill of strong coffee, (made), and one gill of sugar; when the gelatine is well dissolved take from the fire, stir in three gills of cold cream and strain into your mold. Be sure to first dip the mold in cold water.

MRS. THOMAS.

BANANA SPONGE.

Six bananas, whites of four eggs, one and a quarter cups of sugar, three-quarters of an ounce of gelatine, the juice of one orange and the juice of half a lemon. Soak the gelatine in half a cupful of water for half an hour, then stir over hot water until melted; add sugar, orange and lemon juice and stir until the sugar dissolves. Stand in a cool place while preparing the bananas; skim them and press through a sieve. There should be two cupfuls of pulp, which should be added to the gelatine. Place on ice until partly congealed; beat the whites of the eggs very stiff and stir them into the banana mixture; stir until stiff enough to retain its shape. Serve with whipped cream.

MISS A. MACPHERSON.

SNOW SOUFFLE.

Beat the whites of two eggs to a stiff froth, dissolve half box gelatine in a little more than a pint of hot water, two cups of sugar and the juice of two lemons. When this is dissolved stir into it the beaten whites; beat all together until it is white and stiff, then mould. When wanted for the table, turn out and pour around it a soft custard.

STUFFED FIGS WITH WHIPPED CREAM.

Roll figs until pliable. Make an incision in one side and fill with a teaspoonful of chopped nuts; fasten with thread; cover with boiling water and cook fifteen minutes. Remove the threads, sweeten and serve with whipped cream.

MISS ANNIE MACPHERSON.

BAKED BANANAS WITH CREAM.

Bake the bananas fifteen minutes, or until they are soft, but take them out before the skins break. Split them, remove them from the skins, and curl them doughnut shape on plates. Put a teaspoonful of raspberry jam in the centre of each, and serve with cream.

MISS ANNIE MACPHERSON.

FRUIT SALAD.

Line a glass dish with thin slices of orange and fill the dish half full of ripe bananas, run through a ricer, and mix with a half cup of fresh shredded cocoanut. Cover this with whipped cream and blocks of pink gelatine. It will be necessary to congeal the gelatine in a shallow pan, so that the cubes may be cut. Pour over all a syrup of pineapple.

MISS KIRKPATRICK.

DAINTY XMAS PUDDING.

Add half cup powdered sugar to one pint of thick cream and whip it to a stiff froth. At serving time heap it in a large dessert dish and cover first with chopped candied cherries and then with chopped almonds. Dust over all a little powdered sugar and serve with macaroons.

ALMOND CREAM PUDDING.

Soak three tablespoonfuls gelatine in warm water. Stir well and set aside to cool; while cooling whip half pint of cream and chop half cup of almonds; beat two eggs very light and whip in half a cup of sugar. When gelatine is cool add to it the eggs and sugar, then the whipped cream, one teaspoonful of lemon juice and last the chopped almonds. Serve with whipped cream.

MRS. A. BLACK.

FROZEN PUDDING.

Whip well, one quart of cream; add preserved ginger, chopped fine; candied cherries, walnut meats or almonds chopped, a little citron peel, chopped fine; a little cherry or port wine, if you wish. Put in a mold. Freeze sufficiently hard to turn out.

MRS. A. W. FLACK.

MAPLE MOUSSE

One bottle maple syrup, one quart of cream, one box Cox's gelatine, three eggs; boil syrup and yolks of eggs together; beat whites of eggs stiff, and add to cream which has been whipped. Mix all well together. Mold.

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MRS. L. A. ROSS.

dissolved in 2 cups milk

SPANISH CREAM.

Take seven sheets of gelatine, or (half ounce), one quart milk, yolks of three eggs, one cup sugar. Soak the gelatine in the milk for an hour; put on the stove and stir as it warms; beat the yolks and sugar together, and stir into the boiling milk, flavor with vanilla. Pour into a mold and serve with cream.

MISS BINNIE.

FRUIT SALAD.

One pineapple, one orange, one or two bananas, green grapes, raisins, blanched almonds, half cup each. Take a box of gelatine, dissolve in one quart water, let it come to boiling point, put in fruit and let it thoroughly scald; pour into a mold, cool. Serve with whipped cream or sauce.

Sauce :—Three eggs, (yolks only), three tablespoons of sugar, three eggs, one pint of milk; stir over fire until it thickens, but do not boil. Flavor to taste.

MRS. D. G. MACDONELL.

PINEAPPLE JELLY.

Dissolve one box of Cox's gelatine in a little cold water. Pour the juice of a can of pineapple into a quart measure and fill with boiling water; pour this over the gelatine and add the juice of two lemons and sugar to taste; bring to a boil and strain into mold. Put into mold of jelly, pineapple cut in small dice and stir from time to time, to mix thoroughly until stiff.

MRS. ROLAND SNETSINGER.

TRILBY CREAM.

One pint of thick sweet cream whipped, half cup of sugar, a very little vanilla, one can of sliced pineapple, drained and cut in small pieces, and 10 cents worth of marshmallows cut in small pieces; add sugar to whipped cream and beat well, then add vanilla, pineapple and marshmallows. Serve in sherbet glasses, with a candied cherry in centre of each.

MRS. W. B. CAVANAGH.

MAPLE MOUSSE.

Whip and drain one pint of rich cream. Beat the yolks of four eggs very light, and stir them into a saucepan containing a cup of maple syrup; place over fire and stir until the eggs begin to thicken the syrup; remove and place in a pan of cold water, then beat until the mixture is light and cold. Mix with the whipped cream and mold in ice and salt for 5 hours.

MRS. A. F. CAMERON.

LEMON JELLY.

The grated rind and juice of two lemons, one cup of white sugar, one egg, half cup of warm water, one teaspoon butter, one tablespoon of flour. Beat egg well; add sugar, butter and flour; stir all together, add the lemons, rind and hot water. Put on stove, boil until thick.

MRS. A. BLACK.

MAPLE BLANC MANGE.

Mix two heaping tablespoons corn starch with a little cold milk; add one half cup maple syrup; pour into one pint of milk which has reached the boiling point, and stir constantly until thick, then pour into a mold. Serve with whipped cream. MRS. WM. DINGWALL.

RUSSIAN CREAM.

Soak one box gelatine in one quart milk until dissolved; put on stove; when well heated add the beaten yolks of four eggs and a good sized wine glass of sherry. MRS. D. G. MACDONELL.

SNOW CREAM.

One egg, beaten very light; half cup sugar, half cup cream, pinch of salt; flavor to taste and thicken with a fine soft snow. This makes 3 dishes of cream. MRS. A. A. SMITH.

ORANGE CHARLOTTE.

One-third box gelatine (Cox's), soaked in one-third cup cold water, one-third cup boiling water, one cup sugar, juice of one lemon, one cup orange juice and pulp, whites of three eggs. Line a mold with lady fingers or sections of oranges; soak gelatine in cold water till soft; pour on the boiling water; add sugar and lemon juice, strain, add orange juice and pulp with a little of the grated rind; cool in a pan of ice water, whip whites of eggs stiff, when orange jelly begins to congeal, beat it till light, adding gradually the beaten whites until it is stiff enough to drop. Mold. Serve with whipped cream. MRS. J. E. MACPHEE.

CUSTARD RENVERSEE WITH ALMONDS.

Cook and stir half cup sugar over the fire until it is changed to a light colored caramel; add quarter cup blanched almonds and cook a minute longer; turn immediately into a mold letting caramel run over the sides and bottom to completely line the dish. Beat two whole eggs and four yolks of eggs, add quarter cup sugar, half teaspoonful salt, beat again, add one pint of milk; mix all well and turn into prepared mold; set in the oven in many folds of paper in a baking dish; pour on boiling water to half fill the dish. Bake in a moderate oven until custard is firm in centre; then thoroughly chill and serve, turned from the mold. The caramel serves as a sauce for the custard. Nearly one hour will be required for baking. "SCOTTIE."

A WINTER DESSERT.

Break one dozen macaroons into pieces, cut candied cherries into quarters, or instead of cherries use quinces or other preserves (cut small), or white grapes (skinned, seeded and cut in two). To half pint of heavy cream beaten solid, add quarter cup sugar, flavoring to taste; pour in macaroons and fruit; mix thoroughly. Serve on a slice of pineapple. Chill. A FRIEND.



JELL-O,
The Dainty Dessert.

Can be made in a minute.

No cooking, no sweetening, no flavoring to be done.

All good grocers sell it at 10c. a package.

THE GENESEE PURE FOOD CO., LeRoy, N.Y.

THE POPULAR JELL-O RECIPE.

Dissolve one package JELL-O, any flavor, in a pint of boiling water. When firm it will be ready to eat. It can be served with whipped cream, if desired, or any good pudding sauce, but is delicious with nothing added.

FRUIT SALAD.

Dissolve one package Strawberry or Raspberry JELL-O in one pint of boiling water. Slice two oranges or two bananas, or any fruit desired, and when the JELL-O is half set stir fruit into same and set away to harden.

NEAPOLITAN OR LAYER JELL-O.

Dissolve the contents of one package Lemon JELL-O in one pint boiling water. Pour a little more than half of it into a square quart dish or mold and set away to harden. Let the other half stand in a cool place till it just begins to set then beat it until it is light and pour it in the mold when the JELL-O already in it is cold and hard. Next take a package of Strawberry JELL-O and prepare and divide in exactly the same way. When half is too cool to melt JELL-O already in the mold pour it in, beating the rest same as Lemon and adding it when JELL-O in mold is hard.

COOKIES AND SMALL CAKES.

SPICE COOKIES.

One cup butter, one cup of sugar, three eggs, three tablespoons of water, three tablespoons baking powder, flour enough to roll out.

MRS. CARRIE ALGUIRE.

WHITE COOKIES.

One cup each of butter and sugar, three eggs, one teaspoon soda, two of cream tartar, two tablespoons milk, one quart flour. Roll thin, dust with sugar and bake.

MRS. J. G. HARKNESS.

LEMON COOKIES.

Two eggs, (beaten separately), two cups granulated sugar, one cup melted lard, five cents worth baking ammonia, ten cents worth oil of lemon, a pinch of salt, one pint of sweet milk (warmed). Mix up stiff and roll out a quarter inch; dissolve the baking ammonia in a little milk and leave over night in a sealed jar.

MRS. H. WILLIAMS.

WHITE COOKIES.

Two cups sugar, one cup shortening, one cup sour cream, two eggs, one teaspoonful soda, two teaspoonfuls baking powder; add flour enough to make a dough as soft as can be handled easily and bake in a quick oven. Half a cupful of currants improves them.

MRS. J. B. MACPHERSON.

MOLASSES COOKIES.

One cup of butter, one cup of brown sugar, one cup of best molasses, three eggs, three even teaspoons of soda, two small teaspoons of ginger. Stir butter and sugar together, then add the other ingredients, mixing ginger with the flour and dissolving soda in a little hot water; flour to make a soft dough. Roll thick, cut and bake in a quick oven. Watch carefully, as they are apt to burn.—MISS MARION ROSS.

LADY FINGERS.

Beat the yolks of three eggs until thick and light colored; gradually beat in one-third cup sugar, then cut and fold in alternately two-thirds of a cup of flour and the white of one egg beaten dry. Shape with a teaspoon on a baking sheet covered with butter paper. Bake about 12 minutes.

"T. A. B."

COOKIES.

One cup butter, two cups sugar, two-thirds cup sweet milk, two teaspoons cream of tartar, one teaspoon soda. two eggs, five cups flour. Should make 5 dozen cookies if rolled out thin.—MISS MARION ROSS.

SPONGE COOKIES.

Four eggs, one cup of sugar, one cup of flour, one teaspoonful of baking powder. Beat eggs until very light with sugar; add flour, drop on well buttered pan and bake until a light brown.—MRS. N. J. FRAID.

HERMITS COOKIES.

Two cups of sugar, one cup butter, one cup chopped raisins, three eggs, half teaspoon of soda dissolved in three tablespoonfuls of sweet milk, one grated nutmeg, one teaspoon of cloves, one teaspoon of cinnamon. Add flour until thick enough to cut into cookies.

MRS. N. J. FRAID.

DOUGHNUTS.

One cup sweet milk, one cup of sugar, two eggs, one and a half teaspoons of baking powder, one tablespoon of melted lard, one teaspoon salt, flour enough to roll out soft.—MRS. DUNCAN MACDONELL.

PARKINS.

One egg, half cup sugar, half a cup of molasses with a teaspoon of soda dissolved in it, half a cup butter, half a teaspoonful each of nutmeg, allspice and cinnamon, one cup rolled oats, one and a half cups of flour. Drop from a tablespoon on buttered paper.—MRS. JOHN CARR.

OATMEAL CAKES.

Two eggs, one cup sugar, one tablespoon melted butter, one teaspoon salt, one teaspoon vanilla, three and a half cups rolled oats. Drop from teaspoon on buttered pan and bake.

MRS. J. G. HARKNESS.

WALNUT WAFERS.

Half pound brown sugar, half pound walnut meats, six tablespoonfuls flour, quarter teaspoon baking powder, pinch salt, two eggs. Drop on buttered paper, brown in oven.

MRS. D. G. MACDONELL.

ROCKS.

One and a half cups sugar, one cup melted butter, three eggs, beaten light; one teaspoonful soda dissolved in three tablespoonfuls of boiling water, two and a half cups of flour, one teaspoonful cinnamon, one teaspoonful allspice, three-quarter pound dates, chopped; three-quarter pound English walnuts. Mix well and bake in sheet pans, dropping only a teaspoonful of dough in dots on the pan.

55 MRS. J. N. MACPHERSON.

FRUIT SNAPS.

One and a half cups sugar, one cup butter, half cup molasses, three cups currants, three eggs, one teaspoon soda, one tablespoon each of ginger, allspice, cloves and cinnamon. Mix as soft as can be rolled.

MRS. H. WILLIAMS.

COCOANUT BALLS.

Whites of three eggs, well beaten; one cup white sugar, one tablespoon corn starch, one tablespoon vanilla. Mix all together and steam 20 minutes; take off and add two cups of cocoanut. Drop on buttered tins, and cook until slightly brown.

MRS. L. E. BAILEY.

DROP CAKES.

One cup sugar, one cup butter, two cups flour, two cups chopped raisins, two cups rolled oats, two eggs, one teaspoon cinnamon, three-quarters teaspoon soda, four tablespoons milk. Drop in teaspoons and bake in a moderate oven.

MRS. J. N. MACPHERSON.

SCOTCH CAKE.

One and a quarter pounds of flour, one pound of butter, half a pound of light brown sugar. Place sugar and sifted flour in pan and work in the butter; cut in squares after rolling out on bakeboard; pinch them neatly round the edges, and pick them on the top with a fork; place light brown paper in bottom of pan but do not grease. Bake slowly till a light golden brown. Some add cut citron candied peel and sprinkle caraway seeds on top of each square.

MRS. J. B. MACPHERSON.

OATMEAL WAFERS.

Six cups of fine oatmeal, three cups of flour, one cup sugar, one cup lard, one teaspoon salt, one teaspoon soda, two tablespoons water. Bake in quick oven.

MRS. DUNCAN McDONELL.

CHOCOLATE HERMITS.

Half cup butter, two-thirds cup sugar, two eggs, half cup raisins, chopped; quarter teaspoon salt, two teaspoons baking powder, two cups flour, quarter cup cocoa, two tablespoons hot water, one teaspoon cinnamon; cream butter; add sugar, eggs, raisins, flour in which baking powder has been sifted, cocoa dissolved in water, salt and cinnamon. Drop from teaspoon on buttered baking sheet, put raisin in centre of each hermit. Bake in moderate oven.--MRS. MACHAFFIE.

FRIED CAKES.

One cup thick sour milk, one and a half cups sugar, two eggs, three small tablespoons melted butter, one teaspoon soda. Flavor with either nutmeg or cinnamon. Flour enough to roll.

MAPLE SUGAR CAKES.

Three cups of flour with two teaspoonfuls of baking powder sifted in, one small cup of butter. Rub the butter well into the flour and use sufficient milk or water to make a soft dough. Roll out in large, thin sheet, spread with softened butter and cover thickly with maple sugar shaved very fine; roll all into a large roll and cut across in pieces about 2 inches wide; stand on end, close together in a pan a little deeper than the cakes are high, as the sugar will run out some while they are baking.

MRS. JAMES STRICKLAND.

WALNUT WAFERS.

One cup brown sugar, one cup walnut meats, chopped fine; three heaping tablespoons flour, two eggs, well beaten. Drop from teaspoon on a buttered pan.

MRS. J. G. HARKNESS.

OATMEAL MACAROONS.

Beat two eggs without separating, gradually beat in one cup of sugar, then a tablespoonful of softened (not melted) butter, one half teaspoon salt, one half teaspoon vanilla, and two and a half cups rolled oats. Mix all together thoroughly and drop in teaspoonfuls on a buttered sheet. Bake in a moderate oven.—MRS. J. N. MACPHERSON.

OATMEAL COOKIES.

One cup butter, two cups white sugar, two eggs, well beaten; one cup sweet milk, one half pound raisins, chopped fine; one teaspoon each soda, cinnamon, cloves and salt; two cups rolled oats, two large cups flour; cream, sugar and butter; add beaten eggs and milk, and soda dissolved in boiling water; mix spices with flour and sift it; also add rolled oats. Drop from teaspoon on buttered tins.

MRS. MACHAFFIE.

SCOTCH FANCIES.

Half cup sugar, one egg, beaten lightly; one tablespoon melted butter, one teaspoon vanilla, half teaspoon salt, one and a quarter cups rolled oats. Drop on buttered tins.

MRS. MACHAFFIE.

NUT COOKIES.

Quarter cup butter, half cup sugar, two eggs, two teaspoons baking powder, half teaspoon salt, one cup flour, quarter cup milk, one cup chopped nut meats, flavoring. Drop from teaspoon on buttered tins; decorate with halves of nuts. Bake in a quick oven.

MRS. MACHAFFIE.



CAKES.

“ Give us the luxuries of life, and we will dispense with its necessities. ’—JOHN LATHROP MOTLEY.

TABLE MEASURES.

Three teaspoons	=	One tablespoon.
Four tablespoons	=	Quarter cup.
Two tablespoons butter	=	Half pound.
Two cups flour	=	Half pound.
Nine large eggs	=	One pound.

TABLE OF PROPORTIONS.

One cup liquid	to	three cups of flour	for bread.
One	“	two	“ muffins.
One	“	one	“ batters.
One teaspoon soda	to	one pint	sour milk.
One	“	one cup	molasses.
Quarter teaspoon salt	to	four cups	custard.
Two	“	four cups	water.
Quarter	“	one cup	white sauce.
One-eighth teaspoon pepper	to	one cup	white sauce.

TO MIX CAKE CONTAINING BUTTER.

Cream the butter, beating till light; gradually add the sugar, beating until light and creamy; add the yolks of the eggs well beaten, then the flavoring. Beat in alternately the liquid and the flour, the latter mixed with salt and baking powder. Lastly add the beaten whites and fruit, if used.

WEIGHTS AND MEASURES.

One cup medium size—	Half pint or quarter pound.
Four cups	“ of flour weigh one pound.
One pint of flour	weighs half a pound.
One	“ white sugar weighs one pound.
Two tablespoons of liquid	weigh one ounce.
Eight teaspoons	“ one ounce.
One gill of liquid	weighs four ounces.
One pint	“ sixteen ounces.

FRUIT CAKE OR WEDDING CAKE.

Two pounds butter, two pounds sugar, two pounds flour, fifteen eggs, three-quarter cup molasses, one pound blanched almonds, quarter pound lemon peel, quarter pound orange peel, half pound citron peel, three pounds currants, three pounds Sultana raisins, one large glass of brandy, one wine glass of wine, cinnamon, cloves, allspice, one teaspoonful each; one nutmeg. First beat butter to a cream, gradually beat in sugar; when creamed well, add beaten yolks, then whites whipped dry, sift in flour, add fruit, lastly brandy and spices.

MISS K. McALEAR.

SPANISH BUN.

Four eggs (whites of three reserved for frosting), two cups of sugar (not quite full), half cup of butter, one cup of sweet milk, three scant cups of flour, one teaspoonful each of cinnamon, cloves, two teaspoonfuls of cream of tartar. Bake in square pan. Beat whites of eggs dry; add three-quarter cup of sugar; spread on top of cake; return to oven to brown.

MISS O'SHEA.

CHOCOLATE CAKE.

Scant half cup butter, one cup sugar, three eggs, one and one-quarter cups flour, one quarter cake of chocolate, one teaspoon vanilla, two-thirds cup sour milk, one teaspoon soda.

MRS. J. N. MACPHERSON.

COFFEE CAKE.

One cup butter, one cup sugar, one cup molasses, two eggs, one cup of cold coffee, three cups flour, a half teaspoonful of allspice, cloves, cinnamon and nutmeg, one teaspoon soda, raisins, currants and peel to taste.

MRS. J. N. MACPHERSON.

LAYER CAKE.

One scant half cup butter, one cup sugar (sifted), one half cup milk, three eggs, two cups flour, two teaspoons baking powder. Beat butter and sugar to a cream; add yolk of eggs well beaten and milk, flour with baking powder well sifted, lastly the whites of eggs well beaten. Bake in a moderately hot oven about 20 minutes.

MRS. MACHAFFIE.

POTATO CARAMEL CAKE.

Two-third cup butter, two cups sugar, two cups flour, one cup mashed potato, half cup sweet milk, one cup grated chocolate, one cup seeded raisins, one cup chopped walnuts, four eggs, two teaspoonfuls baking powder, one teaspoon each cloves, cinnamon, nutmeg and vanilla. Bake in a long, flat pan and cut in squares.

MRS. P. E. CAMPBELL.

DATE CAKE.

Half cup butter (large), one cup granulated sugar, two eggs, half cup hot water (small), two cups flour, one pound stoned dates, half cup walnuts, one teaspoonful soda. Beat well and bake 1 hour.

MRS. L. E. BAILEY.

MARBLE CAKE.

Dark part :—Half cup butter, one cup brown sugar, half cup syrup, yolks of three eggs, half cup sour milk, half teaspoon of soda, one tablespoon cinnamon, cloves, one nutmeg, enough flour to mix stiff.

Light part :—Half cup butter, one cup white sugar, the whites of three eggs, quarter cup of sour milk, half teaspoon soda, one teaspoon of cream of tartar, flour to mix stiff.

MRS. J. T. KIRKPATRICK.

SILVER CAKE.

Half cup butter, one and a half cups sugar, half cup milk or cream, whites of five eggs, beaten lightly; three cups flour, one teaspoon cream tartar, half teaspoon soda. Flavor to taste.

MRS. MACHAFFIE.

GOLD CAKE.

Half cup butter, one and a half cups sugar, half cup of milk or cream, yolks of five eggs, beaten well; one teaspoonful cream tartar, half teaspoonful soda, three cups flour. Dissolve soda with the milk; add cream tartar to the flour.

MRS. MACHAFFIE.

GINGER BREAD.

One cup molasses, one cup sour milk, one teaspoon soda, two teaspoons ginger, spices to suit taste, one cup brown sugar, small piece of butter, two eggs, not beaten; flour to thicken.—MRS. D. McDONELL.

STRAWBERRY SHORT CAKE.

One pint flour, two teaspoons baking powder, half cup butter, one egg, (butter needs to be well rubbed into flour). Make two thin flat cakes, and butter one of them; place the other on top to cook—it will be more easily separated. Place crushed sweetened strawberries between the layers and on top. Serve with cream.

MRS. DUNCAN MONROE.

SPONGE CAKE.

Separate the whites and yolks of four eggs; beat the whites to a stiff froth, then beat into it a half cup sugar; beat the yolks well, then add half a cup sugar and beat five minutes steady. Add to the yolks the grated rind and juice of one lemon, then beat yolks and whites together, beating all well. Add one cup of flour; be sure and don't beat the mixture after adding flour, just stir a little. Bake 25 minutes in a moderate oven. Sprinkle top with a little sugar. Requires no soda or baking powder.

60

MRS. JOHN CARR.

SILVER ROD.

One and a half pounds pulverized sugar, one pound butter, sixteen whites of eggs, one pint milk, two pounds soft flour, three-quarter ounce baking powder, vanilla to taste. To obtain good results this cake should be rolled long and cut into lengths.

From "ALEXANDER'S," St. Catherine St., Montreal.

FRUIT CAKE (CHEAP.)

Four eggs, one and a half cups sugar, one cup butter, half cup molasses, one cup coffee, one pound raisins, one pound currants, one pound citron, one teaspoon cloves, one teaspoon cassia, one teaspoon nutmeg, one teaspoon soda, three and a half cups flour, salt to taste. Mix in morning, let stand until afternoon; then bake with slow steady fire.

MRS. ALICE KNOX, Hopedale, Mass.

SOUR APPLE SAUCE CAKE.

One cup of sugar, half cup of butter, one cup of unsweetened apple sauce, cold; one teaspoonful soda, stirred in sauce; one cup chopped raisins, half a teaspoonful cloves, allspice, cinnamon and half a nutmeg, two cups of flour.

MRS. A. BLACK.

LEMON SPONGE CAKE.

Whites of four eggs, beaten until very stiff; beat into them half cup of granulated sugar. Beat the yolks, add to them half cup of sugar and beat for five minutes. Add to yolks the juice and grated rind of one lemon. Now beat yolks and whites together. Stir in without beating one cup of flour. Bake in a moderate oven; add a tablespoonful sugar on top.

MRS. A. BLACK.

RASPBERRY CAKE.

One cup sugar, half cup butter, half cup molasses, one cup sour milk, one cup raspberries, one cup chopped raisins, two eggs, three cups flour, cinnamon and nutmeg to taste, one teaspoon soda in the flour, pinch of salt. Bake in a slow oven in a loaf or layers.

MRS. MCTAVISH.

WALNUT CAKE.

One cup sugar, one-third cup butter, two-thirds cup milk, two cups flour, two eggs, three ounces walnuts, chopped; two ounces citron peel, two small teaspoons cream tartar, one small teaspoon baking powder.

MISS BINNIE.

CHERRY CAKES.

Half cup of sugar, one egg, three teaspoons baking powder, a piece of butter the size of a walnut, flour to make a stiff batter. Into this batter stir one cupful of candied cherries. Mix well and bake a delicate brown.

MRS. W. B. CAVANAGH.

WHITE CAKE.

One cup of white sugar, butter the size of an egg, nearly half cup of milk, one and a half cups of flour, whites of three eggs, beaten dry; two teaspoonfuls of baking powder, flavor to taste. Bake in two layers. Use any preferred frosting for top and lemon filling between layers.

Lemon filling :—Grate rind of one lemon; add juice, one table-spoonful of water, half cup of sugar, one egg, butter size of a walnut. Let boil 2 minutes.

MISS O'SHEA.

PRINCE OF WALES CAKE.

Three yolks and one white, or two whole eggs, one cup of brown sugar, half cup butter, half cup molasses, one cup sour milk, one teaspoonful each of soda and cinnamon, half teaspoon each of cloves, nutmeg and baking powder, two and a half cups of flour. Bake in 3 layers.

Filling and frosting for above cake :—Boil one cup of water and two cups of sugar until it hairs, pour very slowly into the whites of two eggs, beaten stiff; add one cup of chopped raisins and nuts.

MRS. JAMES STRICKLAND.

APPLE SAUCE CAKE.

One cup of sugar, half cup of butter, (or quarter cup butter and quarter lard), one and a half cups apple sauce, one cup chopped raisins, two cups flour, one teaspoonful of cinnamon, a little nutmeg, two teaspoons of soda, sifted in the flour. Sweeten apple sauce as you would for the table.

MRS. CHAS. SMITH.

SOLID CHOCOLATE CAKE.

Half cup butter, one and a half cups sugar, half cup sour milk, two or a little more cups of flour, one teaspoonful vanilla, one egg, and the yolk of another egg, two squares of chocolate, powdered and dissolved in half cup boiling water, one teaspoonful soda.

MRS. ANNIE FARLINGER, Montreal.

CUP CAKE.

One cup butter, two cups of sugar, three and a half cups of flour, four eggs, one cup milk, one teaspoonful soda, two cream of tartar, (or one teaspoonful baking powder to each cup of flour); add one cup of chopped raisins or nuts, flavor. This can also be divided and used as a layer cake.

COBOURG.

WHITE FRUIT CAKE.

Three pounds currants, one pound butter, two cups white sugar, half pound citron peel, one teaspoon soda, two teaspoons cream of tartar, ten cents worth oil of lemon, two cups sweet milk, five eggs. Mix stiff.

MRS. H. WILLIAMS.

JELLY ROLL.

Three eggs, one cup sugar, beaten together; one cup flour, half teaspoon soda and one teaspoon cream of tartar, three tablespoons cold water. Spread with jelly and roll while warm.

MRS. JAS. STRICKLAND.

CHEAP CHOCOLATE CAKE.

One cup of sugar, one-third cup of butter, two eggs, half cup sour milk, one teaspoon soda, one section Baker's chocolate, one large cup flour.

MRS. A. A. SMITH.

PLAIN CAKE.

Nearly one cup of sugar (white), one egg, one cup of milk, one tablespoon of butter, two teaspoons baking powder, two cups flour, flavor as you please. Bake a light brown and do not open oven until cake has been in 10 or 15 minutes.

MISS MARION ROSS.

SPONGE CAKE.

Five eggs, one cup granulated sugar, one cup flour, half of a small even teaspoon soda, one teaspoon cream tartar, a pinch of salt. Add soda and cream of tartar to flour and sift four times; add salt to the eggs and beat until light, then add sugar gradually and beat until foamy, and fold in the flour. Bake in a moderate oven.

MRS. WM. DINGWALL.

1, 2, 3, 4 CAKE.

One cup of butter, two cups of sugar, three cups of flour, four eggs, three teaspoonfuls of baking powder, one cup sweet milk.

MRS. A. A. SMITH.

BELFAST CAKE.

One cup sugar, half cup butter, one egg, one teaspoon cinnamon, half a nutmeg, one small teaspoon salt, one cup sour milk, one level teaspoon soda, two cups Graham flour, one cup raisins.

MRS. A. W. FLACK.

MOCHA CAKE.

Half cup butter, one cup sugar, half cup milk, $1\frac{1}{2}$ cups flour, one teaspoon soda, two teaspoons cream of tartar; last of all, whites of four eggs, beaten stiff. Bake in long, shallow tin.

Icing :—Beat two and a half tablespoons of butter to a cream; add two cups icing sugar, one and a half tablespoons of brandy or vanilla. Cut cake in small squares, butter all over with icing and roll in chopped nuts. Beat icing well.

MRS. A. W. FLACK.

LAYER CAKE.

One cup sugar, half cup butter, two-thirds cup sweet milk, two teaspoons baking powder, sifted in two cups of flour; whites of three eggs last.

MRS. CHAS. SMITH.

SPONGE CAKE.

Beat three eggs with a little salt, nearly five minutes; add a cup of sugar, and beat again thoroughly; add a cup of flour with one teaspoon of baking powder sifted through it; add one teaspoon vanilla. Stir in half cup of boiling water. Bake in loaf or small cakes.

MISS WINNIE KIRKPATRICK.

DARK SPICE CAKE.

Half cup of sugar, half cup of molasses, half cup of sour milk, two eggs (save white of one for icing), one teaspoon soda, quarter teaspoon cinnamon, cloves, allspice and nutmeg, one cup of flour.

MRS. H. WILLIAMS.

ANGEL CAKE.

Whites of six eggs, beaten to a stiff froth; add gradually two-third cup granulated sugar, half cup pastry flour in which has been sifted half teaspoon cream of tartar, sift in flour slowing beating all the time. Flavor to suit taste and do not butter pan.—MRS. D. G. MACDONELL.

MOCHA CAKE.

Two eggs, beaten light; one cup of bread flour, one and a half teaspoonfuls of baking powder. Heat half cup of milk and one teaspoonful of butter until butter is melted. Mix in the order given and add vanilla. Bake in two layers; have oven very hot.

Filling :—One heaping cup of powdered sugar, two tablespoonfuls of coffee, cold; two heaping teaspoonfuls of cocoa, half cup (very small) of butter, melted; vanilla.

MRS. CLARENCE KNOX, Hopedale, Mass.

FUDGE CAKE.

Half cup butter, one cup sugar, one egg or two, quarter cup milk, quarter cup coffee, one and a half cups flour, two heaping tablespoons cocoa, two heaping tablespoons baking powder.

Mocha frosting for Fudge Cake :—One and a half cups confectionery sugar, one heaping tablespoon butter, two tablespoons cocoa, three tablespoons coffee (strong).

BLACK MANITOU CAKE.

One cup chocolate (half cake), one cup milk, yolk one egg, two tablespoons butter, one and a quarter cups sugar, half cup milk, one and a half cups flour, one tablespoon vanilla, two tablespoons baking powder, one tablespoon soda. Melt chocolate, add milk slowly and be careful it does not lump, then add the yolk of egg and cook until thick (in double boiler.) Pour mixture over butter and then proceed as in any other cake.

MABEL McDONALD.

CHOCOLATE CAKE.

Half cup sugar, quarter cup butter, half cup sweet milk, one large cup flour, one egg, one teaspoon soda.

Dark part :—Half cup sugar, half cup milk, quarter cake Baker's chocolate, grated. Boil until it thickens, then add yolk of one egg. Stir into the light mixture while hot. Bake in layers and put together with white icing.

Icing for same :—One cup sugar boiled in quarter cup water until it hairs off a spoon. Stir into the white of an egg beaten stiff. Flavor and beat until nearly cold.

MRS. J. G. HARKNESS.

SPONGE CAKE.

Two cups sugar, two cups flour, half cup cold water, five eggs, two teaspoons baking powder, a little salt. Beat yolks with sugar until very light; add water, then whites of eggs beaten stiff, and lastly flour and baking powder sifted together.

MRS. J. G. HARKNESS.

SOUR MILK CAKE.

One cup sugar, half cup butter, one egg, one cup sour milk, one teaspoon soda, two large cups flour. Take out half the above mixture and add two tablespoons molasses, one teaspoon cinnamon, two teaspoons cocoa. Place together in pan as you would Marble Cake.

MRS. J. G. HARKNESS.

DEVIL'S FOOD.

Two ounces Baker's unsweetened chocolate in five tablespoonfuls boiling water, five eggs (reserve whites of two for frosting), half cup butter, one and a half cups sugar, two cups of flour, one heaping teaspoonful baking powder, half cup milk. First break chocolate in a bowl and set it in the top of the tea kettle to dissolve, after which add five tablespoonfuls of boiling water and set aside to cool, being careful to have it cold before adding to the batter. Cream butter and sugar; add yolks of eggs, then your chocolate, milk and flour. Beat whites of eggs stiff; mix in last with one teaspoon vanilla. Bake in layers.

Frosting :—Boil one and a half cups of sugar in a little water till it strings, beat whites of eggs dry and add the syrup slowly, beating all the time.

MRS. J. E. MACPHEE.

BLACK CAKE.

Yolks of two eggs, three tablespoonfuls brown sugar, three quarter cup molasses, one teaspoon soda, dissolved in a little boiling water; one cup and three tablespoonfuls flour. After mixing altogether add half cup boiling water. This will make two layers or may be baked in a long pan. Use white boiled icing.

MRS. A. F. CAMERON.

ANGEL CAKE.

Whip the whites of six eggs, very stiff; then add two-thirds of a cup of sugar, sifted; two-thirds of a cup of flour with quarter teaspoonful of cream of tartar. (Sift four times.). Essence of almond.

MRS. A. F. CAMERON.

WHITE CAKE.

One cup of butter, two cups flour, stirred together; butter stirred to a cream, then one cup of corn starch, three teaspoonfuls baking powder (Royal), in one cup of milk; next the whites of eight eggs beaten to a stiff froth; two cups of sugar in the eggs. Sift flour and corn starch.

MRS. P. E. CAMPBELL.

GINGER BREAD.

One egg, one cup molasses, one cup sugar, half cup butter, one cup sour milk, three and a half cups flour, two teaspoons soda, ginger and cinnamon.

MRS. P. E. CAMPBELL.

PRUNE LAYER CAKE.

Three eggs, three-quarter cup butter, one cup of sugar, two cups flour, one cup prunes, chopped fine; three tablespoons sour cream, one teaspoonful each of allspice, cinnamon, nutmeg, one teaspoonful soda. It is nice with whipped cream between the layers. Prunes should be cooked first, then chopped.

MRS. P. E. CAMPBELL.

SPONGE CAKE.

Beat three eggs, five minutes; add one and a half cups sugar. Beat 5 minutes more and stir in one cup flour, sifted with one teaspoon baking powder, one cup boiling water. Then add one cup flour, also sifted, and a teaspoon of vanilla. Bake 40 minutes.—MRS. A. DENNY.

DELICIOUS CAKE.

Half cup butter, three-quarter cup milk or water, one cup sugar, two cups flour, two eggs. Mix butter to a cream; add eggs, well beaten, then milk or water, then flour. Add one teaspoon cream of tartar to flour, Sift well, and add half teaspoon soda to milk. Bake in a long pan and ice.

MRS. A. DENNY.

SULTANA CAKE.

Beat half a cup of butter to a cream; gradually beat in one cup granulated sugar, then the unbeaten yolks of three eggs and alternately half a cup of milk and one cup and three-fourths of sifted flour, sifted again with four level teaspoonfuls of baking powder and half a teaspoonful of mace. Beat in half a cup of sultana raisins dredged and mixed with three teaspoonfuls of flour and the whites of three eggs, beaten dry. Bake in a loaf 45 minutes.

MRS. J. E. MACPHEE.

SUNSHINE CAKE.

Six large or seven small eggs, one cup fine granulated sugar, sifted. Mix together and sift four times one cup flour, one teaspoon salt, one teaspoon of cream of tartar. Half teaspoon of almond, vanilla or lemon. Beat the whites until very stiff, then add the sugar, beating thoroughly. Beat the yolks until very creamy, and then add to the mixture: next the flavoring and then as lightly as possible the sifted flour. Bake 55 to 60 minutes in a moderate oven. This is large enough to serve 10 to 12 persons.

MRS. A. F. CAMERON.

LADY BALTIMORE CAKE.

One cup of butter, two cups of sugar, creamed well together; one cup of sweet milk, three and a half cups of flour, whites of six eggs, beaten stiff; two teaspoonfuls of baking powder. Bake in 3 layers.

Filling :—Dissolve three cups of granulated sugar in one cup of water; cook until it threads, then pour over stiffly beaten whites of three eggs, stirring constantly. To icing add one cup of chopped raisins, one cup of chopped pecan nut meats, five figs cut in very thin strips.

MRS. R. J. PITTS.

C. L. C. CAKE.

Two cups of sugar, not quite two-thirds cup of butter, three cups of flour, one cup of sweet milk, three eggs, three teaspoonfuls of baking powder. When mixed put two-thirds of the batter in two baking tins; to remaining batter add three tablespoonfuls of molasses, quarter teaspoonful cloves, half teaspoonful of cinnamon, one cup raisins, chopped and seeded. Bake in third tin. Put the layers together with dark layer in the centre, ice cream frosting on top and between cakes.

MRS. J. E. MACPHEE.



CAKE FILLING AND ICING.

FIG FILLING FOR CAKE.

Two cups figs, chopped; half cup sugar, one-third cup boiling water, two tablespoons lemon juice, one tablespoon butter, few grains salt. Cook ingredients in double boiler until of consistency to spread.

MRS. MACHAFFIE.

NOUGAT FILLING.

One egg, one cup chopped nut meats, quarter cup powdered sugar, quarter cup cream. Beat egg; add powdered sugar, beaten cream and nut meats; add this to boiled frosting. Beat until thick enough to spread.

MRS. MACHAFFIE.

BOILED FROSTING.

Two cups granulated sugar, one cup boiling water. Boil until it hairs, then add the beaten white of one egg.

MRS. MACHAFFIE.

LEMON FILLING.

Grate rind of one lemon; add juice, one tablespoon of water, half cup sugar, one egg, butter, size of a walnut. Let boil 2 minutes.

MISS O'SHEA.

FUDGE FILLING.

Two cups sugar, two cups rich milk, four squares chocolate, four tablespoonfuls butter, one teaspoonful vanilla. Mix all ingredients and let stand on back of range until mixture liquefies. Boil until a soft ball is formed. Beat until creamy. Spread between cakes.

MRS. MACHAFFIE.

ICING FOR CAKES.

Small half cup butter beaten to a cream, two tablespoons milk in a cup with one teaspoon vanilla. Stir two cups pulverized sugar gradually into the butter and as it gets a little dry put in a teaspoon of milk at a time. When finished it looks like ice cream.

MRS. MACHAFFIE.

MAPLE ICING.

One cup maple syrup, one egg (white), one half cup beaten cream, few grains salt. Boil the syrup until it threads; pour in the beaten white and cream; beat until thick enough to spread.

MRS. MACHAFFIE.

LEMON FROSTING.

Grated rind and juice of one lemon, two apples, grated; one cup of sugar, one egg, well beaten. Boil until thick and spread.

MRS. DUNCAN MACDONELL.

CARAMEL FILLING.

Boil one cup of sugar and quarter cup water until a thread three or four inches will hang from the spoon. Meanwhile cook quarter cup sugar to caramel; add two or three tablespoons water and cook until the caramel is dissolved. When the first mixture threads add to it the caramel syrup, then reboil until the whole threads, then pour it slowly into the white of an egg beaten dry. Beat the frosting until firm enough to hold its shape.

MRS. J. E. MACPHEE.

RAISIN AND NUT ICING.

Boil one cup of granulated sugar, a pinch of cream of tartar and a half cup of boiling water, without stirring, until it hairs from the end of a spoon. Pour over the stiffly beaten white of one egg; add a half cup each of chopped walnuts and chopped raisins and beat until cold.

MRS. ROLAND SNETSINGER.



FROZEN DAINTIES, WATER ICES, Etc.

PINEAPPLE WATER ICE.

To one grated pineapple add one and a half cups of sugar and one quart of water. Freeze.

MRS. GEORGE ROSS.

CRANBERRY FRAPPE.

Cook one quart cranberries in two cups of water for 8 minutes; force through a sieve; add two cups sugar, juice of two lemons. Freeze to a mush.

MISS MARGARET DINEEN, Montreal.

ORANGE SYRUP.

Make a syrup by boiling four cups of water and two cups sugar 20 minutes; add two cups orange juice and one cup lemon juice, the grated rind of two oranges; cool, strain and freeze. Use three parts finely crushed ice to one part rock salt, this insuring a smooth, fine mixture. Serve with wafers.

MRS. A. G. WATSON.

CREME DE MENTHE PUNCH.

Boil three cups of water and one cup and a half of sugar 20 minutes. When cold add two-thirds of a cup of lemon juice and freeze as a sherbet. When frozen tint a light green with vegetable color paste. A short time before serving beat in half a cup of cream de menthe cordial.

"SCOTTIE."

ALEXANDRA ICE.

Crush sufficient macaroons to make one cup of fine crumbs and sift them; half pound Sultana raisins, seeded and halved; pour over them one cup sweet orange juice, stand over night. Whip one pint of cream dry, add five tablespoons of powdered sugar, the macaroon crumbs, the raisins and orange juice. Pour mixture into molds. Pack in ice and salt, allowing 5 or 6 hours for freezing. In serving turn each small mold out in a rich pastry shell and pour a little rich syrup over it.

A C. L. C. FRIEND.



FRUIT.

“A dish that I do love to feed upon.”—SHAKESPEARE

STUFFED DATES.

Work into some well-ripened (by standing over night) fondant some finely chopped pecan or walnut meats, and enough sherry wine to flavor. Have ready stoned dates; fill the cavity with the prepared fondant; press together and then roll in fine granulated sugar—T. A. B.

ORANGE BASKETS.

Cut as many oranges as required, leaving half the peel whole for baskets and a strip one-half inch wide for handle. Remove pulp and juice; use juice in making orange jelly. Place baskets in a pan on ice, keep upright; fill with orange jelly. When ready to serve, put one spoonful whipped cream in each basket. Serve in a bed of green leaves.

MRS. R. M. PITTS.

CHIPPED PEARS.

Pare, core and slice as for apple pie eight pounds hard pears, six pounds white sugar, six ounces dry preserved ginger, sliced fine; the outside rind of six lemons, cut fine, and the juice squeezed over the whole mixture. Put into a preserve kettle; mix well, and let stand over night. In the morning the juice will cover the whole. Cook very slowly for about six hours. This makes a nice breakfast marmalade.

MRS. J. G. HARKNESS.

CRAB APPLE MARMALADE.

This is a dainty accompaniment to cold meats, and requires more boiling than any other marmalade, so that it will turn out of glasses firm enough to be cut with a knife. Core but do not peel apples, boiling the cores and straining, after they have boiled for an hour. Put the fruit on, in very little water, and when well broken run it through a colander to separate skins from apples. Place this pulped fruit on the fire with the water from the cores, and boil until very thick; then add three-quarters of a pound of sugar to each pound of fruit, and the juice of three lemons to every three pounds of fruit. Boil for 45 minutes. Test to see if thick enough, by putting a large spoonful in a saucer to cool.

MRS. R. M. PITTS.

ORANGE MARMALADE.

Nine sweet oranges, six lemons, cut in thin slices. To every pound of fruit add one quart of water. Let stand 24 hours. Put seeds in a muslin bag, and boil with the fruit for two hours. Measure marmalade, and to every pint of fruit add one pound of sugar. Boil one hour longer.

MRS. MCTAVISH.

ORANGE MARMALADE.

Twelve sweet oranges, three lemons. Peel and cut fine the peel of half the oranges; add the rest of the peel (not cut up); put in a jar; add twelve pints of water, let stand over night. In the morning boil down to half the quantity, remove large bits of peel, and add twelve pounds sugar. Boil half an hour, or more, if necessary.

MRS. DUNCAN MACDONELL.

PLUM CONSERVE.

Two pounds pitted plums, two pounds sugar, half pound figs, quarter pound English walnuts, juice and grated rind of two oranges and one lemon. Put figs, nuts and plums through a meat chopper, and cook all together slowly two or three hours, till of the consistency of marmalade. Allow it to stand awhile to ripen before using.

MRS. L. E. BAILEY.



CANDIES.

'I can teach sugar to slip down your throat a million of ways.'

—DECKER & FORD.

FUDGE.

Two cups granulated sugar, one-half cup cream or rich milk, two squares of Baker's unsweetened chocolate, butter the size of an egg, vanilla to flavor. Break chocolate into small pieces, melt all the ingredients together, boil hard just four minutes. Remove from fire, stir rapidly until thick. Pour into buttered tins.—MRS. A. G. WATSON.

PEPPERMINT DROPS.

One cup of granulated sugar, milk sufficient to dissolve. Boil until it forms a soft ball when dropped in cold water. Take from fire, set in pan of iced water; when nearly cold add 3 or 4 drops of oil of peppermint and heat until creamy. Drop in spoonfuls on buttered paper. Oil of lemon, cloves, wintergreen, cinnamon, sassafras or almonds may be substituted for peppermint.—MRS. J. E. MACPHEE.

MAPLE CREAM.

Three cups maple syrup, one cup cream, one heaping tablespoon butter, one teaspoon vanilla, one cup shelled walnuts. Cook until a little of the mixture will form a very soft ball when tried in a cup of cold water. Take off stove and beat until nearly cold. Add walnuts the last thing before putting the maple cream on a buttered platter.

MABEL McDONALD.

SMITH COLLEGE FUDGE.

Melt one-quarter cup of butter. Mix together in a separate dish one cup of white sugar, one cup of brown sugar, one-quarter cup of molasses and one-half cup of cream. Add this to the butter, and after it has been brought to a boil continue boiling for 2½ minutes, stirring rapidly. Then add two squares of Baker's Premium No. 1 chocolate, scraped fine. Boil this five minutes, stirring it first rapidly, and then more slowly towards the end. After it has been taken from the fire, add 1½ teaspoons of vanilla. Then stir constantly until the mass thickens. Pour into buttered pan and set in a cool place.

From WALTER BAKER & Co's Choice Recipes.

DINNER BON-BONS.

Chop fine peanuts or almonds. Mix them with the beaten white of egg, pulverized sugar sufficient to make light dough. Flavor with sherry. Stone prunes or dates and fill cavities with mixture. Press fruit together and roll in granulated sugar. "OLD DUTCH."

CREAM CHOCOLATES.

For the creams boil two cupfuls of white sugar and one-half cupful of milk for five minutes; add one teaspoonful of vanilla, then beat until stiff enough to handle and make into drops. For the chocolate, take three-quarters of a half-pound cake of Baker's chocolate, grate and steam over the tea-kettle. Drop the creams when hard, one at a time, into the hot chocolate, using two forks to take them out quickly. Set the drop on one fork on the bottom, using the other fork to scrape the chocolate off the cream. Gently slip the drop upon a buttered dish. If, when cool, the drop sticks to the dish, hold it over the steam of the tea-kettle for an instant.

MISS A. MACPHERSON.

WALNUT CANDY.

One pound powdered sugar, white of one egg, one tablespoonful of cold water, one teaspoonful of vanilla. Beat egg, water and flavoring together, then add sugar by degrees till well mixed. Roll into small balls and press half a walnut on each side.

COBOURG.

ORANGE DROPS.

Grate the rind and squeeze the juice of one orange, taking care to reject the seed. Add to this a pinch of tartaric acid; then stir in confectioner's sugar until stiff enough to form into small balls.

MRS. CLARENCE KNOX, Hopedale, Mass.

TURKISH DELIGHT.

One ounce of leaf gelatine, one-half teaspoon of tartaric acid, two breakfast cups of sugar, one-half teacup of cold water, three-quarters cup of boiling water, carmine (a few drops for coloring), one teaspoon essence of lemon, some icing sugar. Soak the gelatine in the cold water for an hour. Put in sugar and boiling water, then boil for ten minutes, stirring all the time. Add tartaric acid, then the carmine, if desired. Pour into buttered tins. When firm, cut into pieces and dust over with icing sugar.

MISS BINNIE.

BUTTER SCOTCH.

Two cupfuls of sugar, brown or white; one-half cupful of butter, one-half cupful of molasses, two tablespoons of vinegar, four tablespoons of boiling water. Boil until it hardens in water, add a little vanilla and pour into buttered tins.

MRS. A. G. WATSON.

COCOA FUDGE.

Four cups of white sugar, enough milk to moisten well; butter the size of an egg. Let come to a boil. Then add four teaspoons of cocoa dissolved in hot water, and any kind of nuts. Let boil until when dropped in cold water will form a soft ball. Stir until it begins to harden. Pour in a buttered pan.

MRS. C. H. BARBER.

PENON-CHI (CANDY.)

Two pounds of brown sugar, two teaspoons of butter, one teaspoon of vanilla, one cup of milk, one cup of chopped walnut meats. Boil the sugar, butter and milk about 15 minutes, stirring most of the time. Then remove from the heat and add vanilla and walnut meats, beat five minutes, then spread in buttered pan, cut in squares.

MRS. A. W. FLACK.

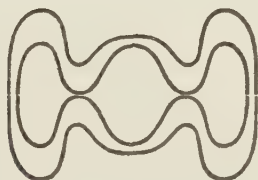
PEANUT BRITTLE.

Two cups granulated sugar, stirred constantly until it melts and is golden brown, then add two cups of nuts. Pour into a hot buttered pan, crease and cool.

MISS KIRKPATRICK.

KISSES.

One pound of white sugar, one teaspoon of cream of tartar, one-half pint of water, butter size of an egg. Boil without stirring till it hardens in water. Flavor with vanilla. Pour on a buttered platter, and when cool enough to handle, pull it, cut and wrap in paper.—T.A.B.



BEVERAGES.

ICED COCOA.

One cup Huyler's cocoa, one cup sugar, rub together; add two cups cold water; cook thoroughly; add a small teaspoonful of vanilla. When the sprup is cold put a large teaspoonful for a small glass. Fill up with milk, a piece of ice and whipped cream.

MRS. A. W. FLACK.

ICED RASPBERRY VINEGAR.

Sugar, one quart water, raspberry vinegar. Mix the sugar, raspberry vinegar and water together according to taste making it a little over-sweet. Freeze to the consistency of soft snow. Serve in small glasses.

T. A. B.

FRUIT PUNCH.

Four cups sugar, eight cups water, two quarts Appolinaris, one pineapple, shredded; one cup fruit juice, one box strawberries, hulled and cut in pieces; four bananas, cut in slices; juice of six oranges, juice of three lemons. Boil sugar and water 5 minutes. Add fruit, ice, Appolinaris and water to make punch right strength. One cup maraschino cherries may be added. Sufficient to serve 25 persons.—T. A. B.

GINGER ALE EGG NOG.

Break an egg in a tumbler, beat in gradually a bottle of "Gurd's ginger ale." Mix thoroughly.

MRS. J. E. MACPHEE.



MISCELLANEOUS.

CORN FRITTERS.

Three eggs, one cup milk, one tablespoon of butter, two cups of flour, half teaspoon of salt, two teaspoons baking powder, two cups chopped corn. Mix ingredients into a batter-like cake, frying in a well greased pan. Serve very hot with syrup or butter.

MRS. W. H. DUNKIN.

CREAM OF ASPARAGUS SOUP.

Boil one quart of asparagus in one quart water till tender; rub through a colander and return to the water in which it was boiled; add one teaspoon of salt, a dash of pepper. Heat one pint milk. Stir into it one tablespoon of butter rubbed with one of flour; let boil and pour into asparagus. Cut toasted bread into dice and pour on soup.

MRS. W. H. DUNKIN.

VELVET SOUP.

One quart of good stock, one cup of cream, one teaspoonful of salt, one saltspoon of pepper. Pour it boiling hot on the beaten yolks of four eggs, diluted with half cup cream. Reheat. Serve at once in bouillon cups.

MRS. W. H. DUNKIN.

CARROT CREAM SOUP.

Wash, scrape and cut in slices enough carrots to fill a pint bowl; boil in one quart boiling water, slightly salt, till soft enough to rub through a sieve. Mix together two tablespoons each of flour and butter till they bubble gradually. Stir this into one quart of hot milk and the carrot pulp; add enough hot water to make two quarts of soup; add small teaspoon salt, pinch of cayenne pepper.

MRS. W. H. DUNKIN.

CHEESE SOUP.

One quart milk, 2 tablespoons flour, a blade of mace, yolk of two eggs, two teaspoons of butter, four heaping tablespoons cheese, pepper and salt. Heat milk with mace, remove mace; rub butter and flour together; wet with cold milk; add to hot milk with pepper and salt; when cooked add yolks of eggs and cheese, beat eggs light before adding. Cook 1 minute longer before serving.—MRS. W. H. DUNKIN.

BALTIMORE COOKIES.

Half cup beef suet, one cup brown sugar, half cup molasses, one tablespoon ginger, seven-eighths cup flour, one tablespoon chopped orange peel, half teaspoon salt. Heat molasses and suet; when well mixed add remaining ingredients; drop from a teaspoon on a buttered pan. Bake in slow oven.

MRS. W. H. MAGWOOD.

NUT COOKIES.

Quarter cup butter, half teaspoon salt, half cup sugar, one cup flour, two eggs, quarter cup milk, two teaspoons baking powder, one cup chopped nut meats. Mix like sugar cookies. Add nuts. Drop from a teaspoon on buttered tins. Decorate with halves of nuts. Bake in quick oven.

MRS. W. H. MAGWOOD.

MARBLE CAKE.

White part—Half cup butter, one cup white sugar, half cup sweet milk, the whites of four eggs, two teaspoons baking powder, two cups flour and a teaspoon of essence of lemon. Dark part—Yolks of four eggs, one cup sugar, half cup molasses, half cup butter, half cup sweet milk, two cups flour, half teaspoon baking powder, one teaspoon cinnamon, one teaspoon ground cloves, half of a nutmeg. Put in a pan in alternate layers.

MISS O'SHEA.

FRUIT PUNCH.

Juice of six oranges and three lemons, one pint of either canned strawberries or cherries, three bananas (sliced), and three quarts of water, sugar to taste. When ready to serve, add cracked ice.

MRS. F. E. MELLEN.

RASPBERRY CAKE.

One cup sugar, half cup butter, two eggs, two tablespoons sweet milk, one cup canned raspberries, two cups flour, half teaspoon soda, one teaspoon cream of tartar. Bake in two layers, ice with soft boiled icing colored a delicate pink.

MISS KIRKPATRICK.

LOAF SPONGE CAKE.

One cup granulated sugar, yolks of four eggs, one cup flour, two teaspoons baking powder. Beat yolks of eggs light, add sugar, then sifted flour with baking powder in it; add last the beaten whites, and beat all five minutes. Bake 20 minutes.

MISS DUNKIN.

LOBSTER SOUP.

Shred lobster with fork, and to a can of lobsters add one quart of milk, pepper and salt, and one tablespoon of butter. Just before removing from stove, drop in yolk of one egg and beat all light. Serve very hot.

MISS DUNKIN.

PINEAPPLE SPONGE.

Two cups grated pineapple, three tablespoons lemon juice, one cup sugar, three eggs, white; one and a half tablespoons gelatine, rind of one lemon, three-quarter cup cold water, few grains of salt. Mix pineapple, sugar and one-half cup water. Cook 20 minutes; add gelatine soaked in quarter cup water; strain, set on ice to chill. When it begins to thicken add seasoning and beaten whites; beat until stiff. Mold, chill and serve.

MRS. W. H. MAGWOOD.

ENGLISH PLUM PUDDING.

Two pounds raisins, seeded; two pounds currants, well washed; one-half pound mixed peel, two pounds bread crumbs, two pounds chopped suet, juice and grated rind of three lemons, six eggs, beaten; two pounds light brown sugar, four grated nutmegs, one tablespoonful salt, milk. Mix all the fruit thoroughly, then add eggs and milk, a little at a time, adding carefully to make it moist enough to stick together, not wet. Fill bowls the desired size, even full, cover with cloths tied over tightly, and boil steadily eight hours. When wanted for use, boil one hour. Serve with ice cream and rich wine sauce. Will keep all winter.

Foamy Sauce:—Beat the whites of two eggs until stiff; add gradually one cupful of powdered sugar, and continue beating while adding one-fourth of a cupful of hot milk, having the bowl containing the mixture over a kettle of boiling water. Flavor with one teaspoonful of vanilla. The success of this sauce lies in adding the sugar slowly and beating thoroughly and well before adding the hot milk.

SNIPPIDOODLES.

One cup sugar, one tablespoonful butter, one-half cup milk, one egg, one cup flour, one teaspoonful baking powder, one teaspoonful cinnamon. Cream the butter, add the sugar, then the eggs, well beaten; then flour, baking powder, and cinnamon sifted together, and the milk. Spread very thin on a tin sheet and bake. When nearly done sprinkle with sugar. When brown, remove from the oven, cut into squares, and remove quickly with a knife. They should be thin and crispy.

SPICE CAKE.

Half cup butter, two cups flour, one and a half cups brown sugar, three teaspoons baking powder, two eggs, one teaspoon cinnamon, half cup milk, half teaspoon nutmeg, quarter teaspoon salt, eighth teaspoon clove. Mix and sift dry ingredients; add butter, sugar, eggs and milk, and beat until smooth. Bake in a moderate oven 40 minutes. One cup chopped raisins, or one cup chopped dates may be added to this cake.

FLOATING ISLAND.

Make a custard of the yolks of six eggs, one quart milk, a pinch of salt, sugar to taste. Pour into a large dish. Beat whites to a stiff froth, and put by spoonfuls in boiling water; turn them carefully until cooked. Take out with a skimmer, and put on top of custard. Serve ice cold.

CHOCOLATE HERMITS.

Half cup butter, two teaspoons baking powder, two-thirds cup sugar, two cups flour, two eggs, quarter cup chocolate, half cup raisins, seeded; quarter teaspoon salt, two tablespoons hot water, one teaspoon cinnamon. Cream butter; add sugar, eggs, raisins, flour in which baking powder has been sifted, chocolate melted in water, salt and cinnamon. Drop from a teaspoon on to a buttered baking sheet, put a raisin in the center of each hermit, and bake in a moderate oven.

NUT AND RAISIN FILLING.

One cup raisins, one cup chopped nuts, one egg white, two tablespoons lemon juice, half teaspoon salt, half cup powdered sugar. Seed raisins and chop until fine; add chopped nuts. Beat egg until stiff; add sugar, nuts, raisins and lemon juice.

BANANA FRITTERS.

Remove skins from four bananas. Cut each one in four equal parts. Sprinkle with four tablespoons sugar, four tablespoons lemon juice, or wine, and let stand one hour. Dip in fritter batter; fry in deep fat; drain on brown paper. Serve.

CHOCOLATE NUT CAKES.

Four squares chocolate, grated; one and a half cups sugar, three teaspoons baking powder, one cup nut meats, broken in pieces; two and a quarter cups flour, half cup milk, eight egg whites, one teaspoon vanilla, salt, three-quarter cup butter. Cream butter; add sugar, flour in which baking powder has been sifted, and milk, and beat well; add whites of eggs beaten stiff and nut meats; then add chocolate and vanilla. Pour into buttered gem pans and bake in hot oven 25 minutes.

CRUMPETS.

One cupful of sweet milk, one cupful of sour milk or buttermilk, one egg, half a teaspoonful of soda, a pinch of salt; flavor and sugar to taste. Make the batter a good deal thicker than for pancakes; bake on griddle. The crumpets will keep for a week and improve in keeping.

MAPLE TUTTI FRUTTI.

Line a shallow buttered pan, to the depth of half an inch, with finely chopped nuts of different kinds (hickory, pecans, walnuts, almonds, etc.) and also dates, figs, raisins, candied orange or lemon peel, grated cocoanut and citron. Boil two pounds of grated maple sugar with one cupful of hot water, until it will harden when a little is dropped in cold water. Do not stir it while boiling. Then add one tablespoonful of lemon juice and pour it over the nuts and fruit in the pan. When almost cold, mark off into squares with a buttered knife.

MISS KIRKPATRICK.

CARAMELS.

Two cups white sugar, one cup cream, two heaping tablespoons glucose, one cup walnut meats; vanilla flavoring. Boil, stirring all the time, until it forms a stiff ball when tried in cold water, but not until brittle. Pour into buttered pans; have it about half an inch. Cut in squares and wrap in paper. Cocoa may be added if desired.

MISS MAGGIE ATCHISON.

MOLASSES CANDY.

One cup molasses, one cup brown sugar, one tablespoon butter, teaspoon vinegar, quarter teaspoon soda. Put all the ingredients but the soda into the saucepan; boil hard, stirring all the time, until it hardens when dropped in cold water. Just before taking from the fire add the soda. Pour into a hot buttered pan; roll when cold enough to handle, and cut with scissors.

MISS KIRKPATRICK.

COCOANUT CANDY.

Two cups of white sugar and half cup of milk. Boil until thick enough to form in water. Add half cup of cocoanut. Flavor with vanilla if desired. Beat until creamy.

MRS. J. E. MACPHEE.

WAFFLES.

One pint flour, one tablespoon lard, two eggs (yolks and whites beaten separately, adding whites last), two and a half cups buttermilk or sour milk, half teaspoon soda, a little salt. Grease waffle pans well.

MRS. L. H. CLARK.

PATIENCE CANDY.

Three cups of sugar, 2 cups of milk, one cup of pecan meats, one tablespoonful of butter. Put one cup of the sugar into a saucepan and stir until it melts and browns, then add one cup of milk and stir until the caramel is dissolved; add the remaining quantity of sugar, milk and butter; stir, and boil until it forms a hard ball when dropped into cold water; add the nuts, take from the fire and stir until it begins to grain. Pour into a square greased pan, and when cool cut into blocks.

BURNT ALMOND FUDGE.

Brown blanched almonds in the oven and chop coarsely a sufficient number to fill a teacup. In a granite pan brown half a cupful of granulated sugar, add two-thirds cupful of milk, and when sugar is all dissolved add one tablespoonful of butter and a cupful of sugar. Boil for five minutes, then test in cold water. If this is creamy when stirred till cold, the candy is done; if not, boil for a short time, then test again. Flavor with ten drops of almond extract, add the nuts and beat till well creamed. Turn out to the depth of an inch on a buttered dish.

MISS MACPHERSON.

GRAPE SAUCE.

Ten pounds of grapes, boiled and strained, then add five pounds of brown sugar, one-half gallon of vinegar, one ounce of cloves, one ounce of cinnamon, salt and pepper to taste. Boil until it commences to thicken.

MRS. L. H. CLARK.

PEANUT KISSES.

Shell and remove the brown skins from half a pint of peanuts and chop or roll them rather fine. Beat the whites of four eggs to a stiff froth, but not dry. Add carefully two cups of granulated sugar, stir in the nut mixture, and drop by teaspoons on oiled paper. Bake in a moderate oven until a golden brown.

CHARLOTTE RUSSE.

Chill one pint of cream, whip it dry; add one-quarter ounce of gelatine which has been soaked in one-quarter cup of water; beat with egg beater, adding one-third cup of powdered sugar and one teaspoon of vanilla. Line a mold with Lady Fingers, fill with the cream. Set on ice to harden.

JAM CAKE.

One cup of sugar, three eggs, one tablespoon of butter, one-half cup of sour milk, one cup of thick preserves, one teaspoon each of nutmeg, cloves, cinnamon and allspice, one scant teaspoon of soda. Put a little hot water on soda; add last to batter, being sure it is cold, two cups of flour. Bake in three layers.

Filling:—One-half cup of cream, one cup of sugar; boil till it hairs, beat and spread on cake

MISS MCRAE.

DUCHESS PEAS.

Mash six boiled potatoes, add salt and pepper to taste, two tablespoons of melted butter, yolks of four eggs, four tablespoons of grated mild cheese, two tablespoons of cream. Mold in oblong wells, brush with egg, bake a delicate brown, fill cavities with hot seasoned French peas.

EGG NOG.

Beat the yolk of one egg, add a teaspoon of sugar and a small pinch of salt; then stir in slowly, stirring all the time, a cupful of milk. Pour in a glass and put a spoonful of whipped cream on top and a little grating of nutmeg.

BURNT CREAM.

Three cups brown sugar (burnt), one package of gelatine dissolved in one quart of water. Put on the back of stove to dissolve while sugar is burning, then pour it on and keep hot till sugar is all dissolved, then put in dishes.

MRS. J. C. BRAULT.

MAMMY'S DARK CAKE.

Three eggs (omitting the whites of two), one cup brown sugar, half cup molasses, half cup sour cream, half cup butter, one teaspoon soda, cinnamon, spice, nutmeg, two cups flour.

Filling and Icing:—Two cups white sugar, boiled until it will candy; add well whipped whites. Take one-fourth of icing and add chopped raisins for filling.

MRS. E. MACMONAGLE.

FRENCH TOMATO MUSTARD.

Thirty-six large tomatoes, eighteen onions, eight red peppers, one cup brown sugar, half cup salt, three-quarters pound mustard, three pints vinegar. Chop tomatoes and onions fine and boil two hours, then strain through colander; add sugar, salt, and two pints of the vinegar, keeping one pint to mix with the mustard; then add mustard, mixed very fine, when boiling hard. When it thickens, add red peppers, chopped very fine. Bottle while hot.

MRS. GEORGE E. MACMONAGLE.

WATERMELON CAKE.

White Part—One teacupful each of butter and milk, two teacupfuls of sugar, three and one-half teacupfuls of flour, three teaspoonfuls of baking powder, one teaspoonful of extract of lemon, and the whites of eight eggs.

Red Part—One cupful of red sugar, half a cup of butter, one-third cupful of milk, two cupfuls of flour, two teaspoonfuls of baking powder and a teacupful of raisins.

Bake in a pan with tube in the centre; place the red part around the centre of the pan and white around the outside of this. Ice when done.

MRS. GEO. E. MACMONAGLE, Berwick, Ont.



INVALID COOKERY.

“O health ! health ! The blessing of the rich ! the riches of the poor ! Who can buy thee at too dear a rate, since there is no enjoying life without thee !”—JONSON.

TOAST WATER.

Cool one pint of sterile water and add two slices of toast, well browned; strain and serve. It may also be flavored with a little orange or lemon peel and sweetened if desired.

BARLEY WATER.

One and one-half tablespoons of pearl barley, one-half teaspoon of sugar, one small lemon (juice and yellow rind), two cups of water. Simmer to one-third the quantity.

APPLE WATER.

Wipe a large, sound apple; core but do not peel. Cut into jug, add a few shavings of lemon peel and one teaspoon of brown sugar. Pour in one cup of boiling water; cover, set aside till quite cold; strain.

WINE WHEY.

One pint milk, four ounces best wine. Let milk come to boiling point; add wine; stir around edge of fluid until curds form. Strain and use fluid.

For Pepsin Whey—Add one dessertspoon of Fairchild's Essence of Pepsin instead of wine.

For Lemon Whey—Add juice of one-half lemon to milk.

CHICKEN BROTH.

Clean and disjoint an old chicken, breaking bones; remove skin and fat, dice meat; add one teaspoon salt, one saltspoon pepper, one and one-half tablespoons rice. Cover with cold water, simmer slowly for four hours; strain. When cold, remove all fat. Four tablespoons of cream may be added.

EGG FLIP.

One-half pint of milk, one teaspoon of sugar, one egg. Put milk on to heat and in it put thinly pared yellow rind of a lemon. Beat yolk and white separately; yolk till creamy, white to a stiff froth. Strain hot milk, add sugar to yolk, stir in white. Stimulant may be added to this if ordered.

BUTTERMILK ICE-CREAM.

One quart buttermilk, half cup sweet cream, one and a half cups sugar, one tablespoon of vanilla. Freeze. Exceedingly nourishing for convalescents. Southern people regard it as a great dainty.

MILK GRUEL.

One tablespoon of oatmeal, pinch of salt, one pint of milk, sugar to taste, grating of nutmeg. Blend oatmeal with one tablespoon of cold water, stir in milk, allow to stand 15 minutes, strain, add salt, sugar and nutmeg. Boil 15 minutes in a double boiler.

OATMEAL GRUEL.

Boil one tablespoon of oatmeal in one pint of water for three-quarters of an hour. Put through strainer; season with salt. Hot milk or cream may be added, also sugar if permitted.

DEVILLED OYSTERS.

Open them in their deep shells, season with cayenne, salt, small piece of butter, and lemon juice to taste. Place on a gridiron over a brisk fire, and boil for five minutes.

INDIAN MEAL GRUEL.

Mix a scant tablespoon of cornmeal with a little cold water; stir into one pint of boiling water. Boil one-half hour, strain, season with salt. Cream or milk may be added, also sugar if permitted.

NOURISHING LEMONADE.

One large or two small lemons, one egg, one cup of boiling water, one teaspoon of loaf sugar. Wipe lemon, cut off some of the yellow rind; put the sugar, water and lemon rind together, cover and set to cool. Beat egg very lightly and strain into the flavored water and juice of lemon. If allowed, one tablespoon of sherry wine.

MILK LEMONADE.

One-third goblet of cracked ice; squeeze on it juice of one lemon; add one teaspoon of sugar. Fill glass with peptonized milk, stirring well.

PUNCH WITHOUT LIQUOR.

Juice of three oranges and three lemons, sugar to taste. Add to this a quantity of pounded ice and some sliced pineapple, pouring over it one quart of water.

MILK PUNCH.

To half a pint of fresh cold milk add one teaspoon of sugar, half ounce of brandy or sherry, or ounce of whiskey. Stir till sugar is dissolved.

MILK AND ALBUMEN.

Put into a clean quart bottle one-half pint milk, white of one egg and a pinch of salt. Cork and shake hard for five minutes.

JELLIED EGGS.

Allow one quart of water for one egg. Place egg in a cold vessel on the table, pour boiling water over it, cover with plate, and allow to stand seven and one-half minutes. Albumen will be jellied, yolk soft. Easily digested.

WHITE CUSTARD.

Whites of two eggs, a little salt, one tablespoon of sugar, a light grating of nutmeg, one-half pint rich milk. Beat sugar, whites, salt, nutmeg; add a little milk and beat thoroughly, then add the rest of the milk. Bake in cups set in a pan of water; when firm set on ice; cool, serve.

PRUNE WHIP.

One-half pound prunes, one-half cup of sugar. Soak prunes over night in cold water to cover; cook in same water until soft. Remove stones, force pulp through a strainer, cool, and put in a glass jar. Beat white of egg very stiff, add slowly three tablespoons of prune mixture and one-half teaspoon of lemon juice. Pile lightly on a buttered saucer and bake in a slow oven eight minutes. Serve with custard sauce.

LEMON JELLY.

Two lemons, one orange, cup of sugar, half dozen cloves, one stick of cinnamon, one ounce of gelatine, two cups of hot water, two eggs. Wipe fruit, take off yellow rind in shavings, squeeze juice through strainer, soak gelatine in a little cold water. Put all ingredients into a saucepan, putting in the eggs, broken shells and all. Stir over a very gentle heat until gelatine is dissolved, then whisk until it comes to a boiling heat. Lift off fire and allow to settle. Have mold or cups ready and pass jelly through a jelly-bag.

LEMON ICE.

One-third cup of sugar, three-quarters cup of cold water, one-quarter cup of lemon juice. Make a syrup by boiling sugar and water together six minutes. Squeeze out the juice and steep it in the rind for one hour; put the juice and syrup together, strain, cool and freeze, using three parts of finely crushed ice to one of rock salt.

PLUM BROTH.

Boil one pound of raisins gently in plenty of water for an hour. Make a thickening of flour and water, grate in a nutmeg, sweeten with sugar to taste. A small piece of butter may be added if preferred, also wine or brandy.

BEEFSTEAK.

Broil steak from one-half to an inch thick carefully over the coals and turn often. Lay on a plate. Season with salt, a little butter if allowed, and serve hot. The inside of a potato roasted in the ashes and dressed with sweet cream is a delicate accompaniment.

BEEF BROTH.

Cut one pound of good lean beef in small pieces; boil slowly in two quarts of cold water, keeping it well covered, one and one-half hours; then add half a cupful of tapioca which has been soaked three-quarters of an hour in water enough to cover, and boil half an hour longer. Strain before serving, seasoning slightly with pepper and salt. Just before serving, a soft poached egg may be added. Rice may be used instead of tapioca. Strain the broth, add one or two tablespoons of rice soaked for a short time and boil half an hour.

MUTTON BROTH.

Put about four pounds of mutton (not lamb), neck piece preferred, in cold water enough to cover. Simmer, not boil, nearly all day or until the meat is in shreds. Strain through a colander and place liquor in ice box over night. Next morning remove the grease which has risen. Keep jelly on ice, and when required for use take one tablespoonful to one-half cup of boiling water. Salt to taste before serving.

CREAM OF CHICKEN SOUP.

Heat about a pint of chicken broth, and when hot add a teaspoon of flour that has been mixed with half a cupful of cream until it is perfectly smooth. To insure its absolute smoothness, strain the flour and cream through a fine sieve into the broth and stir constantly until sufficiently thick. Serve with the tiny heart stalks of celery.

DELICATE EGG NOG.

To one egg, two teaspoonfuls of fine sugar and two teaspoonfuls of sherry, brandy or whiskey. Beat the yolk well, add sugar and sherry, then white of egg beaten to a stiff froth; beat all up together and pour into a glass. Vanilla flavoring may be used if preferred.

WINE JELLY.

To one-half box of gelatine, one cup of cold water. Let stand a few minutes, then add one cup of hot water, one cup of wine, one cup of sugar. Let come to a boil, then strain; put in molds and set to cool.

CHAMPAGNE JELLY.

Juice of two lemons and rind of one, one box of gelatine dissolved in one pint of cold water, two coffee cups of sugar, and three large glasses of hard cider.

EGG JUNKET.

Beat two eggs very light, separately, then stir together. Heat a pint of milk barely lukewarm, dissolve a scant cupful of sugar in it, and half a teaspoon of vanilla. Pour this slowly over the eggs, and, lastly, stir in half a junket tablet that has been dissolved in a tablespoonful of cold water. Set aside in a cool (not a cold) place to become firm. Care must be taken not to get the milk too warm, for then it will not become firm.

CHICKEN JELLY.

Prepare a rich chicken broth, and to it add a knuckle of veal that has been entirely trimmed of the meat. After cooking until the chicken falls from the bone, strain, and add two tablespoons of sherry and set aside to harden. If desired, a scant half cupful of rice that has been well washed may be cooked with the broth, and when straining through the cheesecloth bag squeeze it to press some of the rice through. This will thicken the broth, but keep it smooth.

BEEF TEA.

One pound of lean beef, cut in small pieces. Put in a glass canning jar without a drop of water; cover lightly and set in a pot of cold water. Heat gradually to boiling point and continue this steadily for 3 or 4 hours until the meat looks like white rags and the juice all drawn out. Season with salt to taste. "NURSE"

WINE JELLY.

Take enough stock which is in a thick jelly to make one and one-half pints when melted; use one-quarter to one-half ounce of gelatine, according to stiffness of stock; six ounces of sugar and juice of two lemons; pinch of cloves; one-quarter teaspoon of cinnamon; one-quarter nutmeg, grated; one-half pint of wine, one egg, well beaten. Put on stove, stir all the time till it comes to a boil; let boil only a few seconds. Strain in flannel bag.

To Prepare Stock:—Put beef shank in pot and cover with cold water, and let simmer (not boil hard) until all substance is taken out of bone and meat—from 6 to 8 hours, at least. Strain and put to cool. When fat rises to top, remove every particle of fat.

MRS. D. B. MACLENNAN.

COUGH MEDICINE (OLD FASHIONED.)

One dozen lemons, three freshly laid eggs, one pint of strained honey, one pint of cod liver oil, one pint of brandy. Lay eggs, shell and all, in juice of lemons; let stand 48 hours; add other ingredients; mix well. Strain through muslin cloth; bottle for use. Dose:—One tablespoonful three times a day. "GRANDMA MCD."

WEIGHTS AND MEASURES.

In Ordinary Use Among Housekeepers.

2 cups lard make 1 lb.	4 teaspoons equal 1 tablespoon, liquid.
2 cups butter make 1 lb.	4 tablespoons equal 1 wineglass, or half a gill.
4 cups pastry or bread flour make 1 lb.	2 wineglasses equal 1 gill, or half a cup.
$3\frac{7}{8}$ cups entire wheat flour make 1 lb.	2 gills equal 1 coffee-cup, or 16 tablespoons.
$4\frac{1}{2}$ cups Graham flour make 1 lb.	2 coffee-cups equal 1 pint.
$4\frac{1}{8}$ cups rye flour make 1 lb.	2 pints equal 1 quart.
$2\frac{2}{3}$ cups corn meal make 1 lb.	4 quarts equal 1 gallon.
$4\frac{3}{4}$ cups rolled oats make 1 lb.	2 tablespoons equal 1 oz., liquid.
$2\frac{2}{3}$ cups oatmeal make 1 lb.	1 tablespoon of salt equals 1 oz.
$4\frac{1}{3}$ cups coffee make 1 lb.	16 ozs. equal 1 lb. or pint of liquid.
2 cups granulated sugar make 1 lb.	4 coffee-cups sifted flour equal 1 lb.
$2\frac{2}{3}$ cups powdered sugar make 1 lb.	1 quart unsifted flour equals 1 lb.
$3\frac{1}{2}$ cups confectioners' sugar make 1 lb.	8 or 10 ordinary sized eggs equal 1 lb.
$2\frac{2}{3}$ cups brown sugar make 1 lb.	1 pint of sugar equals 1 lb. (White granulated).
2 cups chopped meat make 1 lb.	1 tablespoon of soft butter, well rounded, equals 1 oz.
$1\frac{7}{8}$ cups rice make 1 lb.	An ordinary tumbler equals 1 coffee cup or half a pint.
2 cups raisins (packed) make 1 lb.	About 25 drops of any thin liquid will fill a common-sized teaspoon.
$2\frac{1}{4}$ cups currants make 1 lb.	1 pint of finely chopped meat, packed solidly, equals 1 lb.
2 cups stale breadcrumbs make 1 lb.	
9 large eggs make 1 lb.	
2 tablespoons butter make 1 oz.	
4 tablespoons flour make 1 oz.	
3 teaspoons make 1 tablespoon.	
16 tablespoons dry ingredients make 1 cup.	

A set of tin measures (with small spouts or lips), from a gallon down to half a gill, will be found very convenient in every kitchen, though common pitchers, bowls, glasses, etc., may be substituted.

HOUSEHOLD HINTS.

DO YOU KNOW.—

That kerosene will clean your hands better than anything, after polishing your stove ?

That squeaking shoes are cured by dipping the soles in kerosene ?

That a sponge dipped in alcohol, rubbed over your windows, will keep them free from frost, as well as impart a highly polished surface ?

That a teaspoonful of salt thrown into the water in which eggs are to be boiled, will prevent the white from coming out, should the shell break ?

That a poultice made of horse radish and vinegar, applied to an aching tooth, will ease the pain ?

That several layers of newspaper laid on the back of a lumbago patient and a hot iron rubbed over, will relieve the sufferer ?

That newspaper rung dry out of water, torn in small bits, scattered on the carpet, will keep down the dust when sweeping ?

That a baking powder tin containing lard, a small brush inserted through an opening in the cover, will be very useful in greasing cake pans ?

That when frying cold potatoes, to first slice and dredge them with flour, makes them brown quickly and improves their flavor ?

That boiling a new wick in salt and water before using, makes it burn brighter ?

That egg shells, crushed fine, put in bottles and filled with hot soap suds, is an excellent cleanser ?

That boiling water poured over raisins makes them easier to seed ?

That a dash of salt, or a few drops of lemon juice, added to the whites of eggs, makes them whip up quicker ?

DO YOU KNOW—

- That a raw potato is excellent for removing stains from fingers ?
- That to keep a cut cheese from moulding or getting dry, wring a piece of cotton out of vinegar, wrap it around the cheese, cover with paper and keep in a cool place ?
- That fresh lemon juice will draw the inflammation from prickly heat as well as subdue a too ruddy complexion ?
- That lemon juice will remove the stains from nails, and applied each day with orange stick it will hinder any growth of the cuticle ?
- That lemon juice, put in water, is splendid as a skin tonic ?
- That two teaspoons of lemon juice in a glass of water, taken internally in the morning, is a good purgative ?
- That the white of egg mixed with lemon juice and rubbed on the face half an hour before the bath, will render the skin soft and white after a few applications ?
- That a dash of lemon in water is an excellent tooth wash ?
- That a teaspoon of lemon in a cup of black coffee will relieve a bilious headache ?
- That when food scorches during cooking, to take it immediately from the fire and set pan for a few minutes in cold water, removing all scorched pieces from food, will greatly subtract from the disagreeable taste of the burned food ?
- That “ Bon Ami ” rubbed on mirrors and lamp chimneys, allowed to dry and then polished with a dry cloth, makes the glass glitter like diamonds ?
- That adding a pinch of soda to tomatoes before milk is added, prevents the milk from curdling ?
- That to extract onion juice, press the raw surface of the onion against a grater, turning it slowly ?
- That a good way to skim grease from sauces is to draw the saucepan to the side of the stove, throw in a teaspoonful of cold water, the grease will rise and can be easily skimmed ?

DO YOU KNOW—

That lemons are improved and kept fresh by being kept in cold water?

That a pan of hot water, placed in the oven, will keep meat and pastry from being scorched and dry?

That to add a pinch of salt to coffee gives it "tone"?

That it is better to sprinkle clothes with hot water and a whisk broom?

That it improves the flavor to add one or two tablespoons of sugar to strong turnips while boiling?

That a little turpentine or ammonia added to stove polish prevents its burning off?

That to add a tablespoon of kerosene to a pail of hot water, is dandy to wash windows?

That an easy way to clean a food chopper is to take a piece of raw potato and put through the chopper after using? (Every particle of food is forced out, leaving only raw potato in the machine, which is much easier to rinse off than bread or cracker.)

That when frying doughnuts, if you put one teaspoon of vinegar into the grease the doughnuts will not soak up the grease, but will be light and fluffy?

That to prevent clothes from freezing to the line in winter, put a handful of salt in the last rinsing water?

That one of the simplest and quickest ways to core apples for baking, is to use an ordinary clothespin?

That to prevent the juice of fruit pies from "boiling out," put the sugar in the crusts before putting in the fruit? (This is simple and sure.)



INDEX.

SOUPS.

	PAGE		PAGE
Caramel	3	Asparagus Soup.....	5
Bouillon	3	Pea Soup.....	5
Mulligatawny (without meat)...	4	Celery Soup.....	5
Oyster Bisque.....	4	Corn Soup.....	5
Tomato Soup.....	4-5	Cream of Chicken.....	5
Cream of Bean Soup.....	4	Rice Soup.....	6
Potato Soup.....	4	Oyster a la Creme.....	6
White Soup.....	5	St. Julienne Soup.....	6

FISH.

Codfish with Rice and Tomatoes. 7		Creamed Lobster..... 8	
Croquettes of Fish	7	Salmon in a Mold.....	8
Salmon Croquettes.....	7-9	Lobster or Salmon Cutlets.....	9
Salmon on Toast.....	7	Fried Halibut.....	9
Salmon Loaf.	7	Fish Scallop.....	9
Baked Whitefish.	8	Oyster Pattie Filling.....	9-10
Oysters au Gratin.....	8	Baked Halibut	10
Fried Oysters.....	8	Fish Parvot.....	10

ENTREES.

Cheese Scallop	11	Potatoes on the Half Shell....	13
Macaroni a L'Italienne.....	11	Croquettes of Peas.....	13
Macaroni au Gratin.....	11	Macaroni with Tomato Sauce..	13
Corn Fritters.	11	Creamed Ham with Poached	
Sausage Rolls in Pastry	11	Eggs	13
Meat Croquettes.....	12	Stuffed Green Peppers.....	14
Stuffed Tomatoes..	12	Cheese Balls.....	14
Sweetbread Ramekins.	12	Welsh Rarebit.....	14
Cheese Souffle	12	Meat Fritters.....	14
Macaroni and Cheese.....	12	Green Corn Fritters.	14
Creamed Pea Patties.....	12	Lamb Terrapin.	14
Potato Croquettes	13		

MEATS.

	PAGE		PAGE
Meat Loaf.....	15	Chicken Jelly.....	16
Beef Loaf.....	15	Fricassee of Ducks.....	16
Pickled Tongue.....	15	Veal Loaf.....	17
Mock Roast Chicken.....	15	Potted Pork.....	17
Fried Chicken.....	16	Stewed Kidneys.....	17
Stewed Liver and Bacon.....	16	Molded Chicken ...	17
Chicken Souffle.....	16	Meat Souffle.....	18

MEAT SAUCES, ETC.

Sauces to serve with various meats.....	19	Cranberry Sauce	20
Caper Sauce.....	19	Sauce for Fish or Cold Meats..	20
Anchovy Sauce.....	19	Hollandaise Sauce.....	21
Oyster Sauce.....	19	Sauce Tartar.....	21
Tomato Jelly.....	20	Spanish Sauce for Fried Fish..	21
Cream of Horseradish Sauce..	20	French Mustard.....	21
Cream Tomato Sauce.....	20	Dressing for Fowl.....	21

VEGETABLES.

Virginia Sweet Potatoes.....	22	Mashed Potato for Fried Fish.	23
Stuffed Baked Tomatoes	22	Potato Puff.....	23
Potatoes au Gratin	22	French Fried Potatoes.....	23
Scalloped Onions.....	22	Cauliflower and Cheese	23
Baked Beans.....	22		

SALADS.

Grape Fruit and Celery Salad.	24	Brazilian Salad.....	25
Orange Salad.....	24	Mayonnaise Dressing.....	25-26
Fruit Salad.....	24	Oriental Salad.....	25
Cucumber Salad	24	Potato Salad.....	26
Chicken Salad.....	24	Potato and Nut Salad.....	26
Queen Salad.....	25	Waldorf Salad.....	26
Tomato Salad.....	25	Beet Salad	26
Salad Dressing.....	25-26		

PICKLES.

Brandy Peaches.....	27	Indian Sauce.....	28-29
Chili Sauce... ..	27	Mustard Dressing for Pickles..	28
Pickled Onions.....	27	Sweet Pickled Green Tomatoes	28
Green Tomato Soy.....	27	Pickled Onions and Cucumbers	28
Crab Apple Catsup.....	27	French Pickles.....	28

	PAGE		PAGE
Celery Sauce.....	28-30	Grape Catsup.....	29
Chow-Chow.....	29	German Pickles.....	30
Chowder.....	29	Apple Pickles.....	30
Green Tomatoes made in		Canadian Pickle.....	30
Mustard.....	29	French Pickle.....	30
Tomato Catsup.....	29-30	Pickled Peaches.....	30

EGGS.

Omelette.....	31	Cheese Omelette.....	31
Eggs Vermicilli.....	31	Curried Eggs.....	32
Baked Omelette.....	31	Devilled Eggs.....	32
Nut Omelette.....	31	Eggs Poached in Cream.....	32

SANDWICHES.

Sardine Sandwiches.....	33	Cheese Sandwiches.....	34
Peanut Sandwiches.....	33	Chicken Sandwiches.....	34
Nut Sandwiches.....	33	Nut and Fig Sandwiches.....	34
Celery Sandwiches.....	33	Chocolate Sandwiches.....	34
Olive Sandwiches.....	33	Egg Salad Sandwiches.....	34
Egg Sandwiches.....	33	Cherry Sandwiches.....	34

BREAD, BUNS, ETC.

Yeast.....	35	Muffins.....	36
Bread.....	35	Johnny Cake.....	36
Brown Bread.....	35	French Pancakes.....	36
Boston Brown Bread.....	35	Corn Gems.....	36
Entire Wheat Bread.....	35	Wheat Cakes.....	37
Corn Bread.....	36	Dinner Rolls.....	37
Buns.....	36	Pop Overs.....	37
Twin Mountain Muffins.....	36	Graham Gems.....	37

PUDDINGS.

Lemon Snow.....	38	Orange Pudding.....	40
Bird's Nest Pudding.....	38	Rice Pudding.....	40
Hamilton Pudding.....	38	Chocolate Pudding.....	40
Lemon Sponge.....	38	Steamed Chocolate Pudding.....	40
Steamed Cottage Pudding.....	38	Caramel Cream.....	40
Lemon Pudding.....	39-40	Angel's Food.....	41
Roly Poly Pudding.....	39	Plum Pudding.....	41
Seven Cup Plum Pudding.....	39	Queen Pudding.....	41
Thanksgiving Pudding.....	39	Three Minute.....	41
Fig Pudding.....	39	Bread Pudding.....	41
Corn Starch Pudding.....	39	Fig Pudding.....	41

	PAGE		PAGE
Carrot Pudding.....	42	Snow Pudding.....	43
Midwinter Fruit Pudding.....	42	Black Pudding.....	43
Steamed Pudding.	42	Cocoa Meringue.....	43
Duchess Cream.	42	Cottage Pudding.....	43
Banana Sponge.....	42		

PUDDING SAUCES.

Apple Jelly Sauce.....	44	Caramel Sauce.....	45
Hard Sauce	44	Duchesse Sauce... ..	45
Chocolate Sauce.....	44	Orange Sauce.....	45
Sultana Sauce.....	44	Brandy or Wine Sauce.....	45
Strawberry Sauce for Ice-Cream	44	Hot Maple Sauce for Ice-Cream	45
Lemon Sauce.....	44	Fruit Sauce.....	45
Strawberry Sauce.....	45		

PIES.

Rough Puff Paste.....	46	Date Pie.	47
Plain Pastry.....	46	Custard Pie.....	47
Pumpkin Pie.	46	Mince Pie.....	48
Cream Pie.....	46	Squash Pie.	48
Pineapple Pie.....	47	Raisin Pie.....	48
Chocolate Pie Filling.....	47	Lemon Pie with one crust....	48
Lemon Pie.....	47	Mince Meat.....	48
Mock Cherry Pie.....	47		

CREAMS, CUSTARDS, ETC.

Fruit Cream.....	49	Pineapple Jelly.....	51
Coffee Cream.....	49	Trilby Cream.....	51
Banana Sponge.....	49	Lemon Jelly.....	51
Snow Souffle.	49	Maple Blanc Mange.....	52
Stuffed Figs with Whipped		Russian Cream.....	52
Cream.	50	Snow Cream.....	52
Baked Bananas with Cream... ..	50	Orange Charlotte.....	52
Fruit Salad.....	50-51	Custard Renversee with	
Dainty 'Xmas Pudding.	50	Almonds.	52
Almond Cream Pudding.....	50	A Winter Dessert.....	52
Frozen Pudding.....	50	The Popular Jell-o Recipe....	53
Maple Mousse.....	50-51	Jell-o Fruit Salad.	53
Spanish Cream.....	51	Neapolitan or Layer Jell-o....	53

COOKIES AND SMALL CAKES.

	PAGE		PAGE
Spice Cookies.	54	Fruit Snaps.	56
White Cookies.	54	Cocoanut Balls.	56
Lemon Cookies.	54	Drop Cakes.	56
Molasses Cookies.	54	Scotch Cake.	56
Lady Fingers.	54	Oatmeal Wafers.	56
Cookies.	55	Chocolate Hermits.	56
Sponge Cookies.	55	Fried Cakes.	56
Hermits Cookies.	55	Maple Sugar Cakes.	57
Doughnuts.	55	Oatmeal Macaroons.	57
Parkins.	55	Oatmeal Cookies.	57
Oatmeal Cakes.	55	Scotch Fancies.	57
Walnut Wafers.	55-57	Nut Cookies.	57
Rocks.	55		

CAKES.

Table Measures.	58	Prince of Wales Cake.	62
Table of Proportions.	58	Apple Sauce Cake.	62
To Mix Cake containing butter.	58	Solid Chocolate Cake.	62
Weights and Measures.	58	Cup Cake.	62
Fruit Cake or Wedding Cake.	59	White Fruit Cake.	62
Spanish Bun.	59	Jelly Roll.	63
Chocolate Cake.	59-65	Cheap Chocolate Cake.	63
Coffee Cake.	59	Plain Cake.	63
Layer Cake.	59-63	1, 2, 3, 4 Cake.	63
Potato Caramel Cake.	59	Belfast Cake.	63
Date Cake.	60	Mocha Cake.	63-64
Marble Cake.	60	Dark Spice Cake.	64
Silver Cake.	60	Angel Cake.	64-66
Gold Cake.	60	Fudge Cake.	64
Ginger Bread.	60-66	Black Manitou Cake.	64
Strawberry Short Cake.	60	Sour Milk Cake.	65
Sponge Cake.	60-63-64-65-66	Devil's Food.	65
Silver Rod.	61	Black Cake.	65
Fruit Cake (cheap).	61	Prune Layer Cake.	66
Sour Apple Sauce Cake.	61	Delicious Cake.	66
Lemon Sponge Cake.	61	Sultana Cake.	66
Raspberry Cake.	61	Sunshine Cake.	67
Walnut Cake.	61	Lady Baltimore Cake.	67
Cherry Cakes.	61	C. L. C. Cake.	67
White Cake.	62-66		

CAKE FILLING AND ICING.

	PAGE		PAGE
Fig Filling for Cake.....	68	Icing for Cakes.	68
Nougat Filling.....	68	Maple Icing	68
Boiled Frosting.....	68	Lemon Frosting.....	69
Lemon Filling.....	68	Caramel Filling.....	69
Fudge Filling.....	68	Raisin and Nut Icing	69

FROZEN DAINTIES, WATER ICES, ETC.

Pineapple Water Ice.....	70	Creme de Menthe Punch.....	70
Cranberry Frappe.....	70	Alexandra Ice	70
Orange Syrup.	70		

FRUIT.

Stuffed Dates.	71	Crab Apple Marmalade	71
Orange Baskets.....	71	Orange Marmalade	72
Chipped Pears.....	71	Plum Conserve.....	72

CANDIES.

Fudge.....	73	Orange Drops	74
Peppermint Drops.	73	Turkish Delight.	74
Maple Cream.	73	Butter Scotch.....	74
Smith College Fudge	73	Cocoa Fudge.	75
Dinner Bon-Bons.	74	Penon-Chi (Candy).....	75
Cream Chocolates.....	74	Peanut Brittle.	75
Walnut Candy.....	74	Kisses.....	75

BEVERAGES.

Iced Cocoa.....	76	Fruit Punch	76
Iced Raspberry Vinegar.....	76	Ginger Ale Egg Nog.	76

MISCELLANEOUS.

Corn Fritters.....	77	Lobster Soup.....	78
Cream of Asparagus Soup....	77	Pineapple Sponge.....	79
Velvet Soup.....	77	English Plum Pudding.	79
Carrot Cream Soup.....	77	Snippidoodles.....	79
Cheese Soup.....	77	Spice Cake.....	79
Baltimore Cookies.....	78	Floating Island.	80
Nut Cookies	78	Chocolate Hermits	80
Marble Cake.	78	Nut and Raisin Filling.....	80
Fruit Punch.....	78	Banana Fritters.....	80
Raspberry Cake.....	78	Chocolate Nut Cakes	80
Loaf Sponge Cake.....	78	Crumpets	80

	PAGE		PAGE
Maple Tutti Frutti	81	Charlotte Russe.....	82
Caramels.....	81	Jam Cake	82
Molasses Candy.....	81	Duchess Peas.....	82
Cocoanut Candy.....	81	Egg Nog.....	83
Waffles.....	81	Burnt Cream.....	83
Patience Candy.....	81	Mammy's Dark Cake.....	83
Burnt Almond Fudge	82	French Tomato Mustard.....	83
Grape Sauce.....	82	Watermelon Cake.....	83
Peanut Kisses.....	82		

INVALID COOKERY.

Toast Water.....	84	White Custard.....	86
Barley Water.....	84	Prune Whip	86
Apple Water.....	84	Lemon Jelly	86
Wine Whey	84	Lemon Ice..	86
Chicken Broth.....	84	Plum Broth.....	86
Egg Flip.....	84	Beefsteak.....	87
Buttermilk Ice-Cream.. ..	85	Beef Broth.....	87
Milk Gruel.....	85	Mutton Broth.....	87
Oatmeal Gruel.....	85	Cream of Chicken Soup.. ..	87
Deville Oysters	85	Delicate Egg Nog.....	87
Indian Meal Gruel	85	Wine Jelly.....	87-88
Nourishing Lemonade.....	85	Champagne Jelly	87
Milk Lemonade.....	85	Egg Junket.....	88
Punch without Liquor.....	85	Chicken Jelly.....	88
Milk Punch	85	Beef Tea.....	88
Milk and Albumen.....	86	Cough Mixture (Old Fash-	
Jellied Eggs	86	ioned).....	88

WEIGHTS AND MEASURES

PAGE 89.

HOUSEHOLD HINTS

PAGE 90-91-92.



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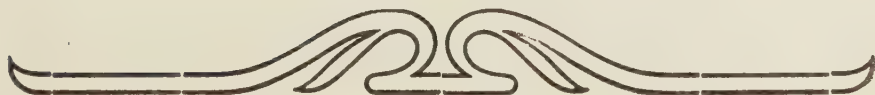
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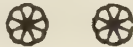
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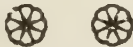
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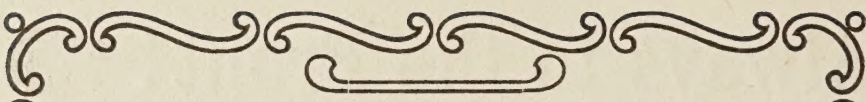
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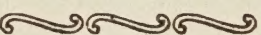
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